



Notley fires back at detractors

WAR OF WORDS

Former Dragon says premier's oilpatch policy is paralyzing

Premier Rachel Notley has a simple message for Kevin O'Leary: "Bring it on."

The Alberta premier fired back at O'Leary, formerly of CBC's "Dragons' Den," who said he is so concerned about what Notley's NDP government is doing to Alberta's economy, he'll invest \$1 million in the oilpatch if she'll quit.

In an interview with a Toronto radio station earlier this week, O'Leary suggested that Notley is in over her head when it comes to developing oil policy

and that her government is paralyzing investment in the industry.

He prefaced his comments by saying he meant no disrespect.

Notley shot back at a news conference Tuesday.

"You know, the last time a group of wealthy businessmen tried to tell Alberta voters how to vote, I ended up becoming premier," she quipped.

"So, if now we've got a Toronto wealthy businessman who wants to tell Alberta voters how to vote, I say bring it on."

She was referring to five Alberta corporate leaders with ties to the Progressive Conservatives who held a news conference just before last May's provincial election.

The group, who included University of Alberta board of governors chairman Doug Goss

and some CEOs of Alberta-based construction companies, urged voters to "think straight" and questioned why corporations should have to pay more tax.

The five, whom Notley nicknamed "The Monopoly Men," warned against voting for the NDP and complained that businesses always get the short end of the tax stick.

The premier later cited that news conference as one of the moments she realized that the Tories had misread the electorate and she was going to win.

Notley and her party went on to topple the four decade Tory dynasty on her way to forming a majority government.

THE CANADIAN PRESS

For more back and forth between Notley and her critics | metroNEWS

'The last time a group of wealthy businessmen tried to tell Alberta voters how to vote, I ended up becoming premier'

'I'll invest \$1 million in Canadian energy companies if, out of grace and for the absolute good of Canada, the premier of Alberta resigns'



Kevin O'Leary



Premier Rachel Notley

toyota.ca

INTRODUCING THE
ALL-NEW 2016
TACOMA

TOYOTA



January 2016

Dear preferred customer,

My name is Federico Maya and I am the General Sales Manager of Lakewood Chevrolet located at 9150 34 Avenue in Edmonton.

We are having our **JANUARY CLEARANCE EVENT** and I am extending the invitation to pass savings on to you now!

YOU ARE INVITED

RSVP www.LAKEWOODSALESEVENT.com

to get your **NO CHARGE TRADE APPRAISAL**

Still Not Enough!!??

Okay, here's more!

①

stk # 1501060
MSRP \$85,285
Discount of **\$20,285**
Sale Price
\$64,999*
Sale Price
\$175*/wk
\$3,000 down payment

2015 2500 HD
Duck Commander Edition
sunroof, nav plus heated/cooled seats



② Up to **\$25,000 Cash Back**
on select models OAC

③ We can **PAY TOP DOLLAR** for your trade in!
We need good pre-owned vehicles for our lot!

④ **NO PAYMENTS**
for 6 months OAC



⑤ **Special Financing with Low Rates**

Bank reps will be available
on date of sale with
preferred interest rates
On approved credit, in lieu of rebates.

as low as
0%
up to 84 months
on select models

⑥ During the sale,
purchase a new vehicle & receive
\$500 off OR a Bonus Gift!



2015 1500
Crew Cab LS
Trailer package, Bluetooth
and 5.3L V8 engine
stk# 1504080
MSRP \$45,500
Discount \$13,600
Sale Price or
\$31,900* \$82*/wk



2015 Camaro 2SS
Commemorative Edition
Adrenaline red leather interior,
sunroof and 6.2L engine
stk# 1511880
MSRP \$50,885
Discount \$10,885
Sale Price or
\$40,000* \$105*/wk



2015 Cruze RS
Leather, heated seats, nav
and RS sport package
stk# 1511670
MSRP \$28,650
Discount \$7,000
Sale Price or
\$21,650* \$53*/wk



2015 Trax LT
All wheel drive, 7" colour touch screen
w/ back up camera and Bose audio
stk# 1512400
MSRP \$29,745
Discount \$6,745
Sale Price or
\$22,900* \$57*/wk



BRING IN THIS AD FOR \$1,000 OFF ANY VEHICLE

Lakewood Chevrolet



S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

TWO DAYS ONLY

Friday-Saturday

January 15th-16th

9:00am-5:30pm



*All prices include loyalty and are plus GST. All dealer rebates, discounts, factory incentives, prices and interest rates are subject to change or end without notice as new incentive programs are announced. No payments for 6 months means payments are deferred not skipped. Full term of payments are required to be paid in full to satisfy the terms of the finance contract. Payments would commence 6 months after contract start date. Interest accrues during the payment free time based on contractual terms and must be satisfied regardless if full payment is made at any point. Cash Back of up to \$25,000 based on Stk #1501060. 0% financing for 84 months available on all 2015 Trax, Equinox, Traverse, Cruze Silverado 1500 and 2500 HD gas. All 2015 vehicles financed at 3.9% over 96 months. Example vehicle at 3.9%: 2015 Silverado 2500 HD Duck Commander edition Stk#1501060: price \$85,285 financed over 96 months \$175 weekly cob \$10682. This price includes a \$3000 down payment a \$1000 loyal discount and \$500 iPad discount. \$500 bonus available with the purchase of a new vehicle during the sale. Bonus gift is valued at \$500. All vehicle valuations are estimates only and all vehicles must be physically inspected. Actual conditions of the vehicle will ultimately determine actual assessed value. Vehicles may not be exactly as shown. Vehicle offers expire January 31, 2016.

780-462-5959 9150 34 Avenue
Edmonton
www.lakewoodchev.com



© 2016 Absolute Results Productions Ltd.



IN BRIEF

Catholic board sells school for \$3.3 million

The Edmonton Catholic School Board has approved a potential sale of St. John School for \$3.3 million to an undisclosed buyer, but the deal still needs ministerial approval.

At a special board meeting Tuesday, board members approved the sale of the school, which opened in 1940 and operated until closing in 1983.

The school was leased from 1983 to June 2014, but has since been closed.

Paid informant used in Vader probe: Court docs

Court documents filed by the RCMP show an undercover operation against a double murder suspect involved a paid informant.

The documents did not disclose to the Crown prosecutor the information, including statements, letters and documents showing how much the informant was paid.

Travis Vader is charged with two counts of first-degree murder in the deaths of Alberta seniors Lyle and Marie McCann in July 2010. RCMP quickly named Travis Vader as a person of interest, though it took nearly two years for them to charge him with two counts of first-degree murder.

Vader's lawyer has been arguing charges should be tossed out over abuse of the judicial process.

THE CANADIAN PRESS, GLOBAL EDMONTON

A great life lesson

KINDNESS

School founder does good, student pays back big time



Sanam Islam
Metro | Edmonton

In April 2014, Tanya Parada stood on the stoop of the Cosmopolitan Makeup Artistry College in Edmonton with 10 cents in her pocket and her young, hungry daughter with her.

She looked down at the young girl and thought, "I have nothing to give you."

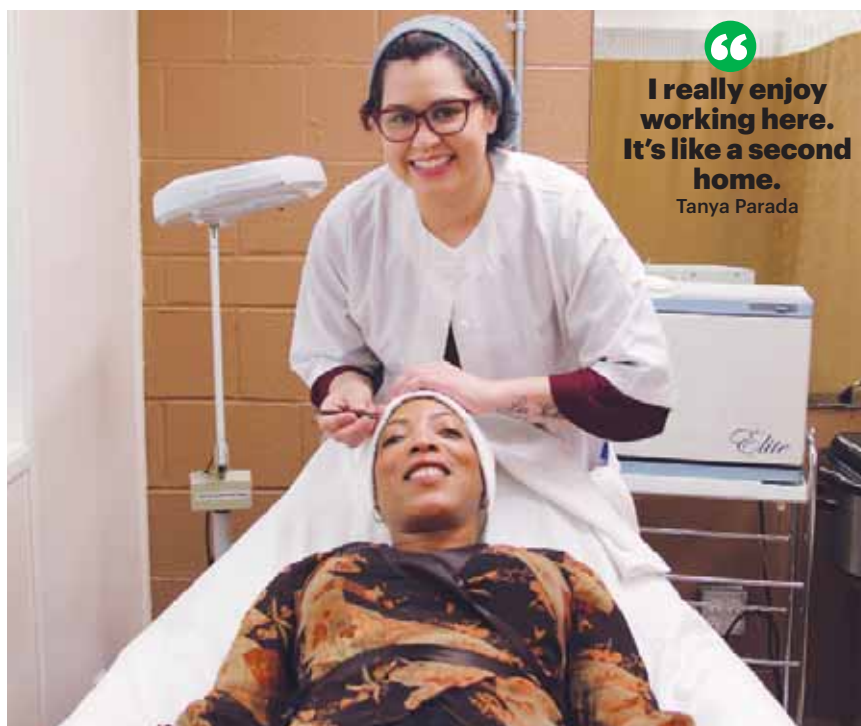
Parada had recently taken her four young children and left her turbulent marriage to stay with a friend. But unable to land work and with little money, she had applied to several beauty colleges in Edmonton and been rejected.

Finally, this college had called her in for a meeting, but she'd blown it.

"I ended up showing up late for that meeting because of issues with my daughter that day, so they didn't think I could handle doing the program," Parada says.

But seeing Parada distraught outside the office, a college staff member asked her inside to talk to Serene Daniels, the company's founder.

"(Serene) said, 'You know what? Let's do this.' She was



Tanya Parada, standing, an esthetician and admissions registrar at Cosmopolitan Makeup Artistry College, is thankful to Serene Daniels for all she has done for her. SANAM ISLAM/METRO

kind enough to say if I promised I would come to school every day and finish the program, she would help me," Parada says.

Daniels allowed Parada to study at the college for free for a few months, after which she was able to pay with a student loan.

Daniels also arranged for Parada's children to come to the college after school

since Parada couldn't afford childcare.

"I also started off with nothing, and someone helped me and gave me an opportunity, so I wanted to give back," says Daniels, who was a single parent when she founded the college 18 years ago. "Everyone deserves help as human beings."

Parada started attending the college in May 2014, and last

June graduated from the nail technician program.

Now, in addition to pursuing an online bachelor's degree in psychology at Athabasca University, she works at the college as an esthetician and admissions registrar.

"I am so appreciative of the opportunity that was given to me. I really enjoy working here. It's like a second home to me," Parada says.

"I really enjoy working here. It's like a second home."
Tanya Parada

OIL PRICES

Energy royalties won't jump: Premier

Premier Rachel Notley says Alberta's review of energy royalties will not be a wallet-buster given that worldwide oil prices are in the tank.

"I can say very definitively that no one's going to see a royalty review that increases anybody's costs in the near future," Notley said Tuesday.

"What we're going to do is bring forward a process that is predictable (and) more transparent that will give developers a good understanding of what they can expect."

Alberta's four-person royalty review panel, headed by ATB Financial president Dave Mowat, has been taking submissions and listening to opinions since September.

Oil prices dipped below \$30 US a barrel Tuesday from a high of more than \$100 US a barrel for West Texas Intermediate in 2014.

Falling prices have drained \$6 billion from the Alberta government's budget in the current fiscal year alone.

Notley said the steep drop has forced the government to rethink its next budget, but said it won't alter plans for increased infrastructure spending, taking on more debt in the process, while avoiding cuts to front-line health and education spending.

The last changes to royalties came in 2010. Notley's government has already said any new changes won't begin until 2017 at the earliest.

THE CANADIAN PRESS

EARN UP TO \$30/HR* AS A MEDICAL SECRETARY!

Get hands-on training for a rewarding career in the healthcare industry! Apply today and you can earn your Medical Office Administration diploma in less than a year.

CDI COLLEGE ALSO OFFERS PROGRAMS IN:

- ACCOUNTING AND PAYROLL ADMINISTRATION
- BUSINESS ADMINISTRATION MANAGEMENT
- PARALEGAL
- AND MORE!

ASK ABOUT OUR EVENING CLASSES!

1.800.360.7186
STUDY.CDICOLLEGE.CA

CD college

Financial assistance may be available to qualified applicants.



jobbank.gc.ca

ENVIRONMENT

Possible link between fracking, quake: Expert



Alex Boyd
Metro | Edmonton

A geophysicist at the University of Alberta says it's "very possible" the earthquake that rattled Fox Creek on Tuesday morning is linked to fracking.

Jeff Gu, an associate professor who studies earthquake seismology, said that while it's impossible to know for sure at this point, the new quake is consistent with

the two last year that were determined to be associated with hydraulic fracturing in the area.

Both measured 4.4 on the Richter scale, making them among the biggest earthquakes in the world to be linked to hydraulic fracturing. Tuesday's quake reached 4.8, according to the Alberta Energy Regulator. No injury or damage was reported from the quake, which occurred about 35 kilometres west of Fox Creek.

"I think we should all pay attention to the fact that these events

are repeating and they are a reasonably large size," Gu said.

A spokesperson for the regulator says Repsol Oil and Gas, who was operating in the area, won't be able to resume operations until the regulator has approved its mitigation plans.

"We have to find out what was occurring at the time the seismic event happened," Carrie Rosa said. "We have investigators on the way to the site."

Concerns about seismic activity in the Fox Creek area began

in December 2014 when a series of 18 earthquakes between 2.7 and 3.7 in magnitude rumbled through. In January 2015, several shakers were recorded between magnitudes of 2.4 and 4.4. The regulator responded in February by imposing new rules for the so-called Duvernay play near town.

"The order comes after several seismic events — possibly related to hydraulic fracturing — were recorded in the Fox Creek area," the regulator said in a news release at the time.



The Ice Castle in Hawrelak Park is expected to stay there until it melts in March. METRO FILE

Ice Castle delivering

ATTRACTION

Company says it would like to come back to Edmonton



Ryan Tumilty
Metro | Edmonton

Hawrelak Park's Ice Castle is skating through its first few weeks with healthy attendance and strong returns for everyone involved.

Ryan Davis, CEO of the Utah-based company that brought the Ice Castle to Edmonton, didn't have exact numbers but said they've been very healthy so far.

"We have had an incredible reception in Edmonton," he said.

Davis said the first few weeks are in line with what they have seen in some of their better performing U.S. cities and they're already thinking about returning next year.

"We would really like to. We are really happy," he said. "We are absolutely in love with your weather."

The city worked with the

Silver Skate Festival to bring the attraction to Edmonton this year. Ice Castles has a \$70,000 agreement with the city to use the park, which comes through sponsorship, free tickets to local charities and rent for the use of the space in Hawrelak.

Nicole Poirier of the city's civic events office said a financial return wasn't the city's primary motivation.

"It's all about getting people outside and having a unique and awesome opportunity to experience our climate," she said.

Erin DiLoreto, producer of the Silver Skate festival, said based on web traffic, the Ice Castle already appears to be a healthy draw for the festival, which won't get underway until Feb. 12.

She said while Silver Skate is free to visitors, it costs about \$600,000 to put on and their agreement with Ice Castles helps defer some costs. The Ice Castle is donating all proceeds from Jan. 30 to the festival.

DiLoreto said she's taking it one year at a time for now, but would certainly like to see the castle back next year.

"Next year they can come back and build something different."



It's all about getting people outside and having a unique and awesome opportunity to experience our climate.

Nicole Poirier of the city's civic events office

Right now, a little gets you a lot.



SAMSUNG GALAXY GRAND PRIME

\$0

on WINDtab™

nexus 5X

\$0

on WINDtab™

The Unlimited Everything Plan

- Unlimited Data
- Unlimited calls to Canada and the USA
- Unlimited Global Text
- Low international calling rates starting at 1¢/min
- Reduced roaming rates in over 50 countries
- Voicemail+
- Call Control features (Caller ID, Conference Calling, Call Forward, and Call Waiting)

\$39/mo

Offer ends soon



Learn more at WINDmobile.ca. Offer is valid as of December 11, 2015 and is subject to change or cancellation without notice. All unlimited plan features in Canada are from anywhere on our network, otherwise long distance and roaming rates apply. Eligible devices may be activated for \$0 phones with WINDtab. WINDtab terms and conditions apply. All services subject to WIND's Terms of Service, Fair Usage Policy and Internet Traffic Management Policy and are for personal use by an individual. Applicable taxes extra. Additional terms and conditions apply. Google, Nexus and Android are trademarks of Google Inc. Samsung and Samsung Galaxy Grand Prime are trademarks of Samsung Electronics Canada, Inc. and/or its related entities used with permission. Screen images simulated. WIND, WIND MOBILE and TRUE MOBILE FREEDOM are trademarks of Wind Telecomunicazioni S.p.A. and are used under licence in Canada by WIND Mobile Corp. © 2015 WIND Mobile

THE NEW LEXUS SOUTH POINTE THE PURSUIT OF PERFECTION



HANDLES WINTER BY DESIGN.

HURRY IN FOR UP TO \$6,000^{AD}
IN CASH PURCHASE CREDITS.

The precise handling of Lexus AWD
paired with an interior designed for
unrivalled luxury and comfort, delivers
an uncompromising winter drive.



2016 RX 350 F SPORT interior shown

*F SPORT Series 1 shown***

REMAINING 2015 NX 200t AWD

LEASE APR 1.9%* 39 MONTHS	AWD CREDIT \$2,000^A
--	--

*F SPORT Series 3 shown***

REMAINING 2015 IS 250 & IS 350 AWD

CASH PURCHASE CREDITS OF UP TO
\$6,000^{AD}

AWD
ALL-WHEEL DRIVE



LOOK FOR **THE TOWER**

LEXUS The pursuit of perfection
SOUTH POINTE

780-989-2222 • www.lexussp.com

On the Corners of Ellerslie and Gateway Blvd. SW



~2015 IS 250 AWD F SPORT Series 3/2015 NX 200t F SPORT Series 1 shown: \$52,699/\$54,249. ^A\$2,000/\$2,000/\$2,500 AWD Credit is available on the cash purchase/lease/finance of new 2015 Lexus NX models only/2015 IS 250 AWD models only/2015 IS 350 AWD models only, and will be deducted from the negotiated purchase/lease price after taxes. Additional consumer incentives available on most non-AWD models. Limited time offer is subject to change or cancellation without notice. ^D\$3,500 Cash Purchase Incentive on new 2015 Lexus IS sedan models only may not be combined with special lease and finance rates offered through Lexus Financial Services as part of a low rate interest program. All advertised lease and finance rates are special rates. Incentive offers take place at the time of delivery. See your Lexus Dealer for whether tax applies before or after the application of Cash Purchase Incentives. *Lease offers provided through Lexus Financial Services, on approved credit. **Representative lease example based on a 2015 NX 200t sfx 'D' on a 39 month term at an annual rate of 1.9% and MSRP of \$56,649. Monthly payment is \$584 with \$8,030 down payment or equivalent trade in, \$0 security deposit and first monthly payment due at lease inception. Total lease obligation is \$30,788. Payment calculation includes \$2,000 AWD Credit. 65,000 kilometre allowance; charge of \$0.20/km for excess kilometres. MSRPs include freight and PDI (\$2,045), Dealer fees, block heater (\$237), AC charge (\$100), Tire charge (\$20), AMVIC fee (\$6) and Filters (up to \$190). License, insurance, registration (if applicable), and taxes are extra. Lexus Dealers are free to set their own prices. Limited time offers only apply to retail customers at participating Lexus Dealers. Dealer order/trade may be required. Offers are subject to change or cancellation without notice. Offers expire at month's end unless extended or revised. See your Lexus Dealer for complete details.



YOUTH SPORTS

Soccer league reaches out to refugees



Sanam Islam
Metro | Edmonton

A free soccer league program is reaching out to Syrian children to participate in its upcoming indoor season starting in February.

Free Footie recently added an Arabic welcome page on its website with information about the league and participating

schools. The page also lists an Arabic-speaking contact person.

"Language barrier is an issue for a lot of people, so it's nice that we had someone who could act as a translator if there are any questions," said Tim Adams, founder of Free Footie.

To bring people to the Arabic web page, Adams is working with a local group called Soccer Balls for Syrians, which collects donations to provide balls to newly arrived Syrian children.

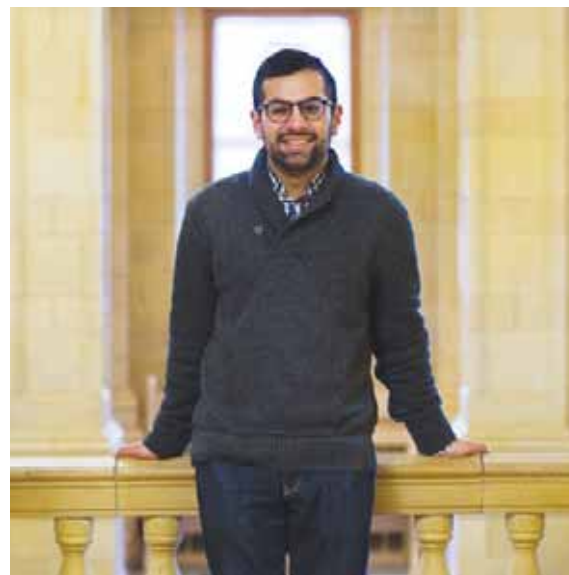
Starting in mid-December, an Arabic sticker with the address for Free Footie's Arabic web page was put onto every soccer ball given out by the group. So far, about 50 balls with the sticker have been given out, and hundreds more will be handed out in the next several months.

Adams said Free Footie's ultimate goal is to allow all kids — no matter what barriers there might be — a chance

to play.

"Soccer is a universal language. You can play with anybody; it doesn't matter what language you speak or what background you're from," he said.

"I'm hoping it gives Syrian kids an opportunity to feel comfortable and make some friends in the neighbourhood. I think it will serve them really well in making Edmonton their new home."



Asad Makhani, a fifth-year bachelor of sciences student at the University of Alberta, has created a project to help incoming refugees. KEVIN TUONG/FOR METRO

Easing the transition for Syrians

OUTREACH

U of A student taps refugees for advice to new arrivals



Alex Boyd
Metro | Edmonton

A University of Alberta undergrad student is working on a unique project to collect advice from former refugees to ease the transition for recent newcomers.

Asad Makhani, an undergraduate student in his last year of a bachelor of sciences, started the project as part of a Community Services Learning course last semester.

He interviewed refugees across Edmonton and asked about their lives in Canada, life in their home country and their journey to safer shores.

"I come from an immigrant family, so I have some sense of the challenges from setting in a new country — both financial and cultural," Makhani said.

He wanted to help establish best practices for welcoming Syrian refugees, but he also compiled a list of the advice

his interview subjects gave for fellow newcomers, ranging from the practical ("Relax and do not be continually on guard. Canada is a safe country") to the inspirational ("Work continuously to improve yourself and your family. You have the opportunity to change lives").

"It's not coming from me, it's not coming from people who think they understand the situation, it's coming from refugees, to refugees," he said. "They're in the best position to give that advice."

His list of tips has been published on Migration Views, the University's new website on refugee issues. And in November he travelled to Calgary to present at an international student conference organized by the World Health Organization.

Natalie Kononenko, the Kule Chair in Ukrainian Ethnography at the U of A, oversaw Makhani's project and calls him a "unique" student, saying his strategy of talking to former refugees is notable.

"As far as I know, no one else has done this," she said.

Makhani said the more stories he hears, the more responsibility he feels to continue the project, so this semester he plans to start interviewing policy makers.

Supercharge your savings.

Accelerate your savings with 1.75%* interest on new deposits into select accounts for a limited time.



Talk to an advisor today.

cibc.com/savings • at a branch • 1 888 490-2422

#FitsYourLife

Banking
that fits
your life.



*Combined bonus and regular annual interest rate paid on net new deposits made to a CIBC eAdvantage® Savings Account ("eSA"), CIBC TFSA Tax Advantage Savings Account® and/or CIBC RRSP Daily Interest Savings Account. Bonus and/or regular rates may change at any time without notice. All interest rates are calculated daily and paid monthly; however, on the eSA, regular interest is earned only on days when the account's closing balance is \$5,000 or more. Bonus interest on the eSA is earned until Feb 29/16 and only on days when net new deposits exceed the closing balance as of Oct 30/15. Bonus interest on the other accounts is earned until Mar 31/16 and only on days when net new deposits exceed the closing balance as of Nov 1/15. Other conditions apply. ®Registered trademark of CIBC. CIBC Cube Design & "Banking that fits your life." are trademarks of CIBC.

[illegible]

\$29.33 Don't add debt, NDP told

West Texas Intermediate oil hit a 12-year low of \$29.33 Monday.

\$50

In its most recent budget, Alberta estimated an annual average oil price of \$50 per barrel in 2015-16.

\$6.1B

The Alberta budget calls for a \$6.1-billion deficit in 2015-16.

\$6.8B

Capital spending in Alberta's latest budget

\$34B

Capital spending proposed over next five years in latest Alberta budget

IMPACT EVENT

Govern from the middle, speaker says to business lunch



Ryan Tumilty
Metro | Edmonton

Edmonton Economic Development Corporation's CEO Brad Ferguson implored Premier Rachel Notley's government Tuesday to govern from the centre and not add on debt as the province deals with a stuttering economy.

"The current economic environment, which I believe

may persist for a considerable period of time, is in total disarray," Ferguson told a crowd of more than 1,000 business leaders at his annual Impact luncheon.

Ferguson said Alberta has been made strong by a low-regulation and low-tax environment, where people don't expect government to solve all problems.

But, he said, Alberta has allowed government to grow through deficit spending and that needs to stop if the province is going to be sustainable long-term.

"For politicians, debt is an addiction that can do a remarkable amount of damage in a short amount of time," he said.

Ferguson made it clear he



Our government has a responsibility to steward this province forward for the best interest of Albertans and future Albertans. Brad Ferguson

doesn't blame the new NDP government for the situation.

"They inherited 10 years of drunken sailor euphoria, which came after the Klein years," he said. "Today we would be suffering the same consequences regardless of the party in power."

While Ferguson said the NDP wasn't responsible for the rise in debt, he added it does have an obligation to take prudent financial steps and reduce the size of government.

"It doesn't matter what political ideology was campaigned on, our government has a responsibility to steward this province forward for the best interest of Albertans and future Albertans," he said.

Ferguson pointed to Ontario as a warning on debt levels, where the government now has the equivalent of \$21,000 per person in debt.

"Alberta is on track to reach half of these per person levels in only four years and, with the

lack of a revenue plan, that is gravely concerning to me, as it should be to you."

Notley, speaking to reporters about the Kinder Morgan pipeline proposal Tuesday, said Alberta has been blessed with a strong financial position and that in the tough times it's OK to use that strength to help out.

"We have a little bit of room to work with the people of Alberta as opposed to just pulling stuff back from them," she said.

She said with Albertans losing their jobs and facing other hardships, the government has to think about more than the balance sheet.

"We're elected by people and we have an obligation to think about them and their families."



Brad Ferguson, CEO of the Edmonton Economic Development Corporation, speaks at the Shaw Conference Centre on Tuesday. KEVIN TUONG/FOR METRO

LIVE NOW. PAY LATER.[†]

\$0/\$0/\$0%
Down Payments Interest

LASIK MD
VISION

Starting at \$490/eye*

Book a free consultation
at 1-855-301-2020 or lasikmd.com

#lasiklife

†Subject to credit approval. To be eligible, patients must complete the Custom LASIK/Custom All Laser procedures (including Laser PresbyVision) for both eyes. Cannot be combined with any other offer or discount. *Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Standard LASIK starting at \$490 per eye and Custom LASIK at \$1,490/eye. Other conditions may apply.

One of 5 simple ways to end the stigma around mental illness.

It's not always easy to know how to break the stigma associated with mental illness. Mental health experts suggest 5 easy ways you can help. Here's one way.



Language matters

Choose the right words. People with a mental illness are just that: People with a mental illness. Not “crazy,” “bipolar” or “schizophrenic.” Too many people still dismiss or joke about mental illness. Would they be as comfortable doing so if they were talking about cancer?

Clara Hughes



Learn more at
bell.ca/letstalk.

PROFESSIONAL SOCCER

FC Edmonton signs veteran



Alex Boyd
Metro | Edmonton

FC Edmonton is getting a boost with the return of some local talent.

The team announced Tuesday that midfielder and Lethbridge-native Nik Ledgerwood will be coming home from over a decade in Europe in time to join the club for the upcoming season.



It was announced Tuesday that Lethbridge native Nik Ledgerwood, centre, will be joining FC Edmonton.
COURTESY NIK LEDGERWOOD

Ledgerwood said he's excited to get to work, calling FC Edmonton an "ambitious" club. He also says he's looking forward to being a veteran on the team.

"Being a 30-year-old coming back from overseas, a lot of the newer players may look at what I've accomplished. Hopefully I can help out," he said.

Ledgerwood's professional career started in 2002 with the now-defunct Calgary Storm before he headed to Europe

to compete. Since then he's played for a number of teams, most recently German club Energie Cottbus.

He's also remained a staple of the Canadian national team. Since 2007 he's made 45 appearances with the senior team, including 15 in World Cup qualifiers. Most recently he played with Team Canada in Round 3 of Canada's 2018 World Cup qualifying matches versus Belize.

"Nik will give us experience, he will give us tenacity and he will raise the bar in terms of the level of professionalism and experience at the club," FC Edmonton head coach Colin Miller said in a release.

"I think our fans will take to Nik because of the qualities that he brings to the team."



Being a 30-year-old coming back from overseas, a lot of the newer players may look at what I've accomplished.

Nik Ledgerwood



While landlords are within their rights to ask for several months of payment upfront, refugee advocates say the recent trend is too steep for just about anyone. JEREMY SIMES/FOR METRO

Six months' rent up front 'excessive'

HOUSING

Syrian refugees worried by lack of options, say advocates



Lucie Edwardson
Metro | Calgary

As Syrian refugees attempt to start a new life in Calgary, many are running into issues trying to rent homes or apartments, according to a representative from the Syrian Refugee Support Group.

Sam Nammoura, who volunteers with the group, said many refugees who have accessed the support group are being asked by landlords to pay six months' rent, plus a damage deposit in order to rent property.

"These refugees only have a certain amount of money and

the landlord said he would not give him the apartment until he paid six months' rent and a damage deposit up front," said Nammoura.

He said the refugee, who has only been in Calgary for a month, paid thousands of dollars to his landlord and was forced to borrow money from a friend in the U.S. while he continues to look for work.

Nammoura said since he heard about this, at least three other families have reported experiencing similar problems when trying to rent, and some of them simply cannot afford to pay that much money upfront.

"He told me he was going to

rent an apartment and then a while later he called me and said he didn't get it because he couldn't afford to pay that much right away," said Nammoura.

Gerry Baxter, executive director of the Calgary Residential Rental Association, said although it's not illegal for landlords to ask for six months' rent up front, it's a rather steep price for almost anyone.

"I've heard some landlords in the past looking for maybe up to three months' rent," he said. "Six months' to me seems a little excessive, it would be very difficult for a lot of people to come up with that money."

Baxter said he believes landlords are hedging their bets by asking for six months' rent in advance because failure to pay rent is the single biggest problem faced by landlords.

Nammoura said the refugees are running out of rental options and are growing increasingly scared by the situation.



They don't know the system, they don't know their rights.

Sam Nammoura

OIL AND GAS

New pipeline 'good for Canada'

Premier Rachel Notley says the proposed expansion of a pipeline to the B.C. coast is not just in Alberta's best interests but is the best thing for Canada as well.

"Our government believes that this project is good for Albertans and good for all Canadians," Notley told reporters Tuesday.

"It will create jobs, it will spur economic growth and it will help ultimately fund many of the programs that support our province's transition to a

greener, less carbon-intensive economy."

Her remarks echoed a written submission she delivered to the National Energy Board on behalf of the province earlier Tuesday.

A three-member board panel is hearing submissions on its assessment of the 1,150-kilometre Kinder Morgan Trans Mountain pipeline, which carries crude oil and refined products from Edmonton to terminals in the Vancouver area.

Kinder Morgan is looking

to twin the line to almost triple capacity to 890,000 barrels a day.

The company says there is enough demand on the line to make the expansion worthwhile, and Notley agrees.

In her letter, she said Alberta has abundant oil resources for an expanded line. The province currently isn't getting a fair return on its oil because lack of pipeline capacity is restricting sales to just one buyer, the United States, she said.

THE CANADIAN PRESS



COMMISSIONAIRES

TRUSTED • EVERYDAY • EVERYWHERE

SECURITY CONTRACT MANAGER

Are you motivated to make a difference and have a strong management background? We need you!

The Commissionaires- Northern Alberta Division currently has an opening for a Security Contract Manager. The right candidate is dedicated to establishing and maintaining good relationships with clients and is responsible to the Chief Operations Officer (COO).

As a Security Contract Manager, you will need to effectively manage personnel and resources for all contracts allocated by the COO in a timely manner. You will be responsible for all matters of personal administration for your employees including discipline, and training.

Candidates must have a Security Management Diploma or Degree from a recognized University or Institute and a Certified Protection Professional (CPP) designation or working towards obtaining the designation. A minimum of five years of previous related work experience or education would be an asset. The wage ranges from \$70,000- 75,000, along with full benefits.

The mandate of the Commissionaires is to provide meaningful employment for Canada's Military and RCMP Veterans as well as those who wish to contribute to the security of our country. We are an equal opportunity not for profit organization willing to give the right candidates the chance to succeed.

If you are interested in pursuing this position please quote competition number CM0116 and submit your resume and covering letter to the Human Resource Department at www.commissionairesjobs.ca.

Competition Closing Date: 15 January 2016

Operation: Welcome to Canada

ARMED FORCES

Military has helped Syrians overseas, now will help house

The military is beginning to wind down its overseas involvement in the Liberal government's commitment to resettling thousands of Syrian refugees in a matter of months.

Approximately 70 Canadian Armed Forces members have returned from Jordan and Lebanon, where they were part of a broader government effort to bring 25,000 Syrians to Canada by the end of next month.

"All it takes is seeing one little one the same age as my daughter - smiling because they are going to Canada," said Maj. Drew Willis, who was among 68 soldiers who arrived to waiting family members early Tuesday at Canadian Forces Base Gagetown in New Brunswick.

About 150 soldiers remain overseas helping process applications and conduct medical tests on the thousands of Syrians who are still passing through the screening process.



Quebec's immigration minister Kathleen Weil greets a Syrian family in Quebec City on Tuesday. CLEMENT ALLARD/THE CANADIAN PRESS

The Defence Department says the decision to bring some personnel home was made in consultation with the Immigration Department in anticipation of the completion of the program. "Operation Provision has been a tremendous opportunity to showcase leadership and Canadian values on the world

stage and we will continue to stand in support of this whole-of-government effort, ready to assist wherever and however we are needed," Defence Minister Harjit Sajjan said in a statement Tuesday.

Where the military is going to be needed next is at home. Thousands of Syrians landing

in the coming days are expected to be billeted at military bases as cities and towns across the country are still busy securing housing for the new arrivals.

Space is available for 6,000 people at various bases and facilities throughout Ontario and Quebec, with an additional 7,000 spots also in reserve if needed,

+ QUEBEC GOAL

Province shy of original projected numbers

Immigration Minister Kathleen Weil said Tuesday roughly 2,800 Syrians have so far made it to Quebec, representing about 75 per cent of the provincial government's initial objective of 3,650 Syrian refugees to the province by the end of 2015. THE CANADIAN PRESS

the Forces say on their website.

Canadian Forces Bases Valcartier, Kingston and Borden are expected to be the first three put into use as early as this week.

By Jan. 10, 9,562 refugees who had arrived. Three government-organized flights of refugees were scheduled to arrive Tuesday, one in Montreal and two in Toronto, taking the number of arrivals to just over 10,000. The Immigration Department would not pinpoint the timing of the 10,000th arrival, citing privacy rules.

The Liberals intend to bring 25,000 Syrians to Canada under government sponsorship by the end of this year. THE CANADIAN PRESS

MIGRANT CRISIS

Life-jackets tell story of survival



Two small life-jackets at the Canadian Museum of Immigration in Halifax, N.S. tell part of the story of young refugees caught up in the Mediterranean migrant crisis last summer.

They're on loan from the Canada Science and Technology Museum in Ottawa. Alberta physician Simon Bryant brought them back after his Doctors Without Borders mission operating a rescue clinic at sea to help migrants making the dangerous Mediterranean Sea crossing.

The two children who wore them survived and were rescued, even though one of the jackets was a cheap toy.



Used by real children, one of these is a wading pool toy. JEFF HARPER/METRO

HYUNDAI

GET **0%** FOR UP TO **84** MONTHS FINANCING* ON ALL 2016 MODELS

NO WONDER THE COMPETITION ALREADY HATES 2016.

CLEAROUT OFFERS
ON 2016 ELANTRA AND SANTA FE SPORT MODELS!

PLUS 5-YEAR

COMPREHENSIVE LIMITED WARRANTY ON ALL HYUNDAI MODELS**

2016 SANTA FE SPORT

HWY: 9.7L/100 KM
CITY: 12.9L/100 KM*



Limited model shown*

GET UP TO **\$4,000** IN PRICE ADJUSTMENTS*

2016 ELANTRA L MANUAL

HWY: 6.3L/100 KM
CITY: 8.5L/100 KM*



Sport Appearance Package model shown*

WAS ~~\$17,527~~ NOW **\$11,995*** INCLUDES **\$5,532** IN PRICE ADJUSTMENTS*

Visit HyundaiCanada.com for details on our entire line-up!

HYUNDAI
HyundaiCanada.com

NEW THINKING.
NEW POSSIBILITIES.*



SEE YOUR DEALER
FOR DETAILS
<http://www.hyundaicanada.com/my1st>

**5 YEAR
WARRANTY**

5-year/100,000 km Comprehensive Limited Warranty**
5-year/100,000 km Powertrain Warranty
5-year/100,000 km Emission Warranty
5-year/Unlimited km 24 Hour Roadside Assistance



*The Hyundai names, logos, product names, feature names, images and slogans are trademarks owned by Hyundai Auto Canada Corp. All other trademarks are the property of their respective owners. *Cash purchase price of \$11,995 available on all new 2016 Elantra Sedan L Manual models and includes price adjustments of \$5,532. Price includes Delivery and Destination charge of \$1,695. Price excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. Delivery and Destination charge includes freight, P.D.E. and a full tank of gas. †Finance offers available O.A.C. from Hyundai Financial Services. Financing example: 2016 Santa Fe Sport 2.4L FWD at 0% per annum equals \$163 biweekly for 84 months for a total obligation of \$29,666. \$0 down payment required. Cost of borrowing is \$0. Finance example includes Delivery and Destination charge of \$1,695. Finance example excludes registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. ‡Price adjustments of up to \$5,532/\$4,000 available on all new 2016 Elantra L Manual/Santa Fe Sport 2.4L Luxury AWD models. Price adjustments applied before taxes. Offer cannot be combined or used in conjunction with any other available offers. Offer is non-transferable and cannot be assigned. No vehicle trade-in required. *Prices of models shown: 2016 Elantra Sport Appearance Package/2016 Santa Fe Sport 2.0T Limited are \$21,794/\$42,444. Prices include Delivery and Destination charges of \$1,695/\$1,895. Prices exclude registration, insurance, PPSA, license fees and dealer admin. fees of up to \$499. Fees may vary by dealer. †Fuel consumption for new 2016 Elantra Sport Appearance Package Auto (HWY 6.3L/100KM; City 8.5L/100KM); 2016 Santa Fe Sport 2.0T Limited (HWY 9.7L/100KM; City 12.9L/100KM) are based on Manufacturer Testing. Actual fuel efficiency may vary based on driving conditions and the addition of certain vehicle accessories. Fuel economy figures are used for comparison purposes only. ‡Government 5-Star Safety Ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA's) New Car Assessment Program (www.SaferCar.gov). †400 offers available for a limited time and subject to change or cancellation without notice. Dealer may sell for less. Inventory is limited. Visit www.hyundaicanada.com or see dealer for complete details. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions. Dealers are licensed under the Fair Trading Act.

Get Ready for Winter

Certified Pre-Owned with Audi Care



2016 Audi A6 Quattro
#N6014
\$60,126 + GST



2015 Audi A4 Quattro
#N5069
\$35,276 + GST



2015 Audi A4 Quattro
#N5073
\$48,977 + GST



2015 Audi Q3 Quattro
#N5098
\$42,984 + GST



2013 Audi Q7 TDI Quattro
#N5071B
\$45,456 + GST



2015 Audi SQ5 Quattro
#DU1063
\$59,939 + GST



2009 Chrysler Town and Country
#N6022C
\$12,222 + GST



2013 BMW 328 X Drive AWD
#DN5015A
\$33,911 + GST



2009 Lincoln MKZ AWD
#N6135A
\$13,007 + GST



2009 Audi A4 Quattro
#DU1038A
\$18,100 + GST



2012 Lexus CT200H
#DU1030A
\$19,498 + GST

» visit AudiEdmontonNorth.com or email sales@audiedmontonnorth.com for more details.



Audi
Edmonton North

**Delighting Guests
Alberta Wide**

18855 Stony Plain Road NW
Edmonton, AB
(587) 772 AUDI (2834)

Dealer #4991570. Vehicles may not be exactly as illustrated. Offers expire January 31, 2016. Prices exclude GST but include doc and AMVIC fee. See dealer for details.

**The Jim Pattison
autogroup**



Rekindle belief in change: Obama

STATE OF THE UNION

U.S. president urges rejection of fear, division in final address

President Barack Obama, eyeing the end of his presidency, urged Americans Tuesday night to rekindle their belief in the promise of change that first carried him to the White House, declaring that the country must not allow election-year fear and division to take hold.

"The future we want," he insisted, "is within our reach." But opportunity and security for American families "will only happen if we work together ... if we fix our politics," he added.

The nation's goals must include "a rising standard of living and a sustainable, peaceful planet for our kids," he said in his final State of the Union address.

At the heart of Obama's address to both chambers of Congress and a prime-time television audience was an



President Barack Obama gestures as he arrives on Capitol Hill in Washington, Tuesday, before giving his State of the Union address before a joint session of Congress. J. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

implicit call to keep Democrats in the White House for a third straight term. Sharply, and at times sarcastically, he struck back at rivals who have challenged his economic and national security stewardship, calling it all "political hot air."

In a swipe at some Republican presidential candidates, he warned against "voices urging us to fall back into tribes, to scapegoat fellow citizens who don't look like us or pray like us or vote like we do or share the same background."

The State of the Union address, a kind of annual progress report from the president, represented one of Obama's last opportunities to claim a large television audience as president. However, the address has suffered a major drop-off in viewers

in recent years.

Seeking to shape his own legacy, Obama ticked through a retrospective of his domestic and foreign policy actions in office, including helping lead the economy back from the brink of depression, taking aggressive action on cli-

"If we give up now, then we forsake a better future."

"The rancor and suspicion between the parties has gotten worse instead of better."

"I'll keep trying to be better so long as I hold this office."

mate change and ending a Cold War freeze with Cuba.

He vowed a robust campaign to "take out" the Islamic State of Iraq and the Levant, but chastised Republicans for "over-the-top claims" about the extremist group's power.

THE ASSOCIATED PRESS

TURKEY

Suicide bomber kills 10 in historic district of Istanbul



Citizens leave carnations as they gather near the site of the explosion. EMRAH GUREL / THE ASSOCIATED PRESS

A suicide bomber detonated a bomb in the heart of Istanbul's historic district on Tuesday, killing 10 foreigners — most of them German tourists — and wounding 15 other people in the latest in a string of attacks by Islamic State of Iraq and the Levant (ISIL) extremists targeting Westerners.

The blast, just steps from the historic Blue Mosque and a former Byzantine church in the city's storied Sultanahmet district, was the first by ISIL to target Turkey's vital tourism

sector, although ISIL militants have struck with deadly effect elsewhere in the country.

Turkish Prime Minister Ahmet Davutoglu said the bomber was a member of ISIL and pledged to battle the militant group until it no longer "remains a threat" to Turkey or the world.

Davutoglu described the assailant as a "foreign national," and Deputy Prime Minister Numan Kurtulmus said he was a Syrian citizen born in 1988. However, the private Dogan

+ TOURISM

The attack struck at Turkey's \$30 billion tourism industry, which has already suffered from a steep decline in Russian visitors since Turkey shot down a Russian warplane near the Syrian border in November.

news agency said the bomber was Saudi-born.

Eight Germans were among

the dead and nine others were wounded, some seriously, German Foreign Minister Frank-Walter Steinmeier told reporters in Berlin. The nationalities of the two others killed in the blast were not immediately released, but both were foreigners. The wounded also included citizens of Norway, Peru, South Korea and Turkey.

Meanwhile, German Chancellor Angela Merkel pledged Germany would continue its fight against terrorism.

THE ASSOCIATED PRESS

IN BRIEF

Germany seeks change to deportation regulations

Germany will make it easier to deport criminal foreigners following public outrage over the New Year's Eve assaults in Cologne, officials said Tuesday.

The changes, which have to be approved by the Cabinet and Parliament, would mean that even a suspended prison sentence would be grounds for deportation if someone is found guilty of certain crimes. These include homicide, bodily harm, sexual assault and violent theft.

THE ASSOCIATED PRESS

Classified documents prompt legal wrangling

A U.S. Army judge is considering how classified information should be handled in the case against Sgt. Bowe Bergdahl, who walked off an outpost in Afghanistan in 2009.

Bergdahl's attorneys argued at a hearing Tuesday for wider leeway in their ability to gather and use the classified information in his case. He faces charges of desertion and misbehavior before the enemy, a charge that carries a punishment of up to life in prison.

THE ASSOCIATED PRESS

Saudi Arabian activist jailed

Human rights groups and activists say one of Saudi Arabia's most prominent human rights advocates has been arrested.

Samar Badawi is the sister of Saudi blogger Raif Badawi, who is serving a 10-year prison sentence for insulting the kingdom's influential religious establishment.

She is also the wife of human rights lawyer Waleed Abulkhair, who is serving a 15-year prison sentence on charges related to his work, which included defending Raif Badawi.

THE ASSOCIATED PRESS

More than a job. Think career. Think ownership.

Switching Conductors & Operators - Edmonton

Primary responsibilities:

- perform yard switching in a safe and efficient manner
- build trains according to instructions and requirements
- switch and inspect railcars and perform minor repair/maintenance to locomotives

Qualifications:

- team players with experience in a rail or safety critical environment
- criminal background check and medical/drug testing required to work on site
- good reading, technology and computer skills and physically fit for the job

Full time permanent positions. 12 hour shifts on a rotating schedule.

Cando Rail Services is a dynamic, employee-owned company that provides railway support services to industry.

For more details on this and other postings, visit candoldtd.com/careers

To submit a resume:

E: Rick.Maze@candoldtd.com
F: 780-424-4848



what's {YOUR} ambition?



what's {YOUR} ambition?

Choose from over 600 certificates and courses: from event management to first aid, furniture design to power engineering, or culinary to computer training. We have courses that build your skills and help you earn the credential you require for career advancement. We offer flexible study options in the evening, weekend or online to fit your lifestyle, pace and personal goals.

Realize your ambition at
nait.ca/ConEd

ACADEMIC UPGRADING

Designed for adults from a variety of backgrounds. We offer courses to help the learner gain the entrance requirements for post-secondary programs. Semesters are 12-15 weeks in length with day, evening and online options available.

ENGLISH AS A SECOND LANGUAGE

NAIT's English as a Second Language (ESL) program prepares students for entry into NAIT programs or the workforce. Experienced instructors help students develop the language skills they need to succeed.

EVENING OPTIONS

Academic Writing and Grammar (NESL704)

Pronunciation, Listening, and Speaking (NESL705)

English Language Proficiency Prep Course (NESL716)

BUSINESS

PROFESSIONAL DESIGNATION - CERTIFICATE PROGRAMS

Canadian Payroll Association (CPA)

Payroll Compliance Legislation (CPAY455)

Payroll Fundamentals I (CPAY460)

Payroll Fundamentals II (CPAY465)

Applied Payroll Management (CPAY475)

BUSINESS MANAGEMENT CERTIFICATES

Business Foundations (BUSF870)

Supervisory Development (BFND600)

Teller Training (TELT800)

HEALTH & SAFETY

PREHOSPITAL CARE

ITLS Basic Provider (ITLS100)

Medical First Responder (MFRS100)

Standard First Aid and CPR/AED Level C (CPRS500)

GENERAL HEALTH

Mental Health First Aid - Basic (CPRS900)

Mental Health First Aid for Adults Who Interact with Youth (Ages 12 - 24) (CPRS930)

Electrocardiography (ECG) Workshop for Healthcare Professionals (PHAE501)

IV Certification Workshop for Healthcare Professionals (PHAE503)



WE ARE ESSENTIAL
TO ALBERTA

CONTINUING EDUCATION WINTER COURSES

Realize your ambition at
nait.ca/ConEd



TRADES

Intro to Basic Machining (MACH150)
CAD/CAM Drawing with Mastercam (MACH615)
Firearm Barreling (GNSM101)
Machine Shop I (MACH101)
Machine Shop III (MACH110)
Measurement & Bearings (MILW116)
Power Transmission and Rigging (MILW117)
Beginners Shielded Metal Arc Welding (SMAW) "STICK" (WELD115)
First Class Journeyman to "B" Pressure (WELD227)
Visual Welding Inspection (WELD950)
3rd Period Gasfitter "A" Prep (GASA335)
Refrigerant Handling Certificate (RACM111)
Electrical Code Update (ELTR705)

JOB READINESS

Motorcycle Mechanic Job Readiness (MRST702)
Plumber Job Readiness (PLMR702)
Refrigeration & HVAC Job Readiness (RACM702)

TRADES CONT.

GENERAL INTEREST

Wood Working Skills (CABM145)
Finish Your Basement Framing (HOME110)
Finish Your Basement Electrical (HOME120)
Finish Your Basement Plumbing (HOME130)
Welding Metal Art (WELD160)
Small Engine Repair (PSTP125)
Basic Automotive Terminology (ASTA109)
Intro to Autobody Repair (ABTA551)
Custom Airbrushing (ABTA501)
Radio Audio Production & Fundamentals (RATV100)

SCIENCE, TECHNOLOGY AND THE ENVIRONMENT

Small Buildings (CSTN131)
Building Science (CSTN231)
Construction Planning & Scheduling I (CSTN250)
Estimating I - Quantity Surveying (CSTN270)
Soil Technology (ROAD110)
Field Project Management (ROAD150)
Remote Sensing and Photogrammetry (SURV545)
Cadastral Studies (SURV581)

HOSPITALITY & CULINARY ARTS

Learn from the best. Gain valuable kitchen and cooking skills from NAIT's celebrated chefs through hands-on practice, lectures and demonstrations.

GENERAL INTEREST

Cooking for Health
Special Occasion Cooking
Baking & Pastry
International Cooking
Culinary General Interest
Kitchen Skills
Culinary Bootcamps

COMPUTER TRAINING CENTRE

Gain the technology skills that companies are demanding whether you're looking to change careers or advance your knowledge to stay current with the emerging technology. Build your skills with a wide range of new part-time technology based computer certificates - from office application and software Testing to website design and digital media.

BUSINESS APPLICATION CERTIFICATES

Core Network + Certificate
Core Security + Certificate
Enterprise Security Certificate
Linux (UNIX) Core Certificate
Network Infrastructure Analyst Certificate
PC Service and Support Certificate

COMPUTER TRAINING CENTRE CONT.

System Security Certificate
Windows Server Network Administrator Certificate
Apple iOS iPhone/iPad Mobile Developer Certificate
Oracle Certified Training-Primavera Certificate

PRODUCTIVITY ENHANCEMENT SERVICES

Introduction to Project Management (PMGT101)
Introduction to Operations Management (OPMG101)
Interpersonal Communications Skills (SCSC101)
Introduction to PLCs (PLCC101)
Introduction to Quality Management (QMGC101)
Introduction to Lean Six Sigma (LSSP101)
Introduction to Competence Assurance (CACP101)
Machine-Shop Inspection and Calibration (MSIC101)



16 Wednesday, January 13, 2016

World | metroNEWS

3 Syrian towns getting UN aid

HUMANITARIANISM

Delivery expected to be first of many, official says

The UN humanitarian chief has called for Monday's delivery of aid to three besieged towns in Syria to be the first of many and welcomed a Syrian statement that such deliveries should be repeated and sustained.

Stephen O'Brien told reporters after briefing the UN Security Council behind closed doors that the arrival of convoys to help civilians in the three towns cut off for months by the war in Syria must not be "either one-off or exceptional."

The UN says 4.5 million Syrians are living in besieged or hard-to-reach areas and desperately need humanitarian aid, with civilians prevented from leaving and aid workers blocked

from bringing in food, medicine, fuel and other supplies.

Reports of starvation and images of emaciated children have raised global concerns and underscored the urgency for new peace talks that the UN is hoping to host in Geneva on Jan. 25.



There is nothing in Madaya: no water, no electricity, no fuel and no food.

Teacher Safiya Ghosn

Aid convoys with food and other supplies reached three besieged villages on Monday - Madaya, near Damascus, where O'Brien said about 400 people need to be evacuated immediately to receive life-saving treatment for medical conditions, malnourishment and starvation, and the Shiite villages

of Foua and Kfarya in northern Syria.

O'Brien said efforts will be made to get ambulances to Madaya on Tuesday to evacuate the 400 people, of all ages, if safe passage can be assured.

It will take several days to distribute the aid in Madaya, near Damascus, and the Shiite villages of Foua and Kfarya in northern Syria, and the supplies are probably enough to last for a month, aid agencies said.

"It's really heartbreaking to see the situation of the people," said Red Cross spokesman Pawel Krzysiek, who oversaw the distribution in Madaya. "A while ago, I was just approached by a little girl and her first question was, 'Did you bring food?'"

"It's cold and raining, but there is excitement because we are here with some food and blankets," said Sajjad Malik, a representative of the UN High Commissioner for Refugees, who took part in the operation.

THE ASSOCIATED PRESS



A convoy of vehicles loaded with food and other supplies, organized by The International Committee of the Red Cross, the Syrian Arab Red Crescent and the UN, makes its way Monday to the besieged town of Madaya. THE ASSOCIATED PRESS

IN BRIEF

India bans harvest festival bullfighting event

India's Supreme Court on Tuesday banned this year's bullfighting ritual at a harvest festival in southern India, following protests from activists who say the sport amounts to animal torture.

The court also asked the Environment Ministry to respond to petitions from several animal rights groups that have campaigned to have the sport permanently outlawed.

Jallikattu takes place in Tamil Nadu state during the harvest festival of Pongal, which falls this year on Friday. Thousands of men chase the bulls to get prizes tied to their horns. Animal rights groups say the animals are terrified and are often deliberately disoriented with alcohol, and are wounded with knives and sticks as they are dragged to the ground.

The Supreme Court banned the sport in 2014, but the Environment Ministry issued an order allowing it this year.

THE ASSOCIATED PRESS



Switch your mortgage to Scotiabank and get 24 FREE movies.*

Ask us about the mortgage that's right for you.

www.scotiabank.com/switch

You're richer than you think.®



*Registered trademarks of The Bank of Nova Scotia. This offer is available for up to one Scotiabank Mortgage per property address. To be eligible for the 24 general admission movie passes or 24,000 SCENE points offer, you must apply for a mortgage with Scotiabank between October 1, 2015 and February 29, 2016, and fully advance your mortgage with Scotiabank within 120 calendar days of the mortgage application date. Offer only available on transfers of existing mortgages from another lender or financial institution to The Bank of Nova Scotia. A minimum mortgage amount of \$100,000 is required. This offer is valid for closed mortgages with a three year term or greater. Movie passes/points will be provided within 90 days after the Scotiabank mortgage has fully advanced. This offer cannot be combined with any other mortgage promotions or offers. This offer may be changed or withdrawn at any time without notice and may not be combined with any other discounts, offers or promotions. SCENE members can redeem 1,000 points for a free General Admission movie ticket. Or 1 movie pass is worth a free general admission movie. Some conditions and limitations apply. If you qualify for this offer you will receive 24,000 SCENE points or 24 movie passes. SCENE points will be deposited into your eligible SCENE membership account. For joint mortgages, the points will be deposited to the membership account of the borrower who is a SCENE member. Where more than one borrower is a SCENE member, the points will be deposited to the membership account owned by the primary borrower on the mortgage. If the borrowers eligible for the offer are not SCENE members, movie passes will be mailed to your mailing address.



Plunge in oil prices follows a falling loonie

Oil and the Canadian dollar breached two benchmarks Tuesday, with crude briefly dipping below \$30 US a barrel and the loonie slipping beneath the 70-cent US level during a volatile day on the markets.

At one point in early afternoon trading, a barrel of West Texas Intermediate fell as low as \$29.93 US before it regained some ground to settle at \$30.44 US a barrel. That was still down 97 cents from Monday's close.

The Canadian dollar hovered above and below the 70-cent US mark throughout the day, dropping as low as 69.85 cents US, before ending the day at 70.14 cents US — its lowest level since April 2003.

Oil prices have dropped precipitously over the last year and a half, falling from above \$105 US in June 2014 to levels not seen in more than a decade.

The falling dollar and price of oil prompted questions for Finance Minister Bill Morneau, who was in Montreal on Tuesday for pre-budget consultations.

"I know that Canadians are looking closely at the price of oil. Canadians are looking closely at the Canadian dollar," Morneau said. "We recognize that those are important indicators for Canadians as they go about considering their situation."

The currency's historic low is 61.79 cents US, set in January 2002. THE CANADIAN PRESS



Going forward, it is very likely that global economic conditions will remain unfavourable and that subdued commodity prices will persist.

FINANCE MINISTER BILL MORNEAU

PLAY Yesterday's Answers

from your daily crossword and Sudoku



8	7	2	3	9	4	5	6	1
6	9	3	1	5	2	8	4	7
1	4	5	7	6	8	3	2	9
3	5	1	6	2	9	4	7	8
9	2	6	8	4	7	1	5	3
4	8	7	5	3	1	2	9	6
5	6	9	4	1	3	7	8	2
7	1	4	2	8	6	9	3	5
2	3	8	9	7	5	6	1	4

for more fun and games go to
metronews.ca/games

ECONOMY

Industries cheer, jeer struggling dollar

The loonie fell below the 70-cent US mark Tuesday for the first time in 13 years. In its wake, the rapidly dropping dollar is leaving a roster of winners and losers in Canada. Here's a look at who is benefiting — and who is hurting:

WINNER: FILM INDUSTRY

Hollywood North, whether it be Vancouver, Toronto, or some of the up-and-coming markets like Calgary, is boom-

ing. Peter Leitch, president of North Shore Studios and chairman of the Motion Picture Production Industry Association of B.C., said American studios are increasingly heading to Canada to take advantage of the low dollar.

"That does make Canada one of the top choices of places to come to," said Leitch. "A few years ago when it was at par, it was quite a challenge to attract business."

LOSER: CONSUMERS

Be prepared to pay more for anything imported, including food. The University of Guelph's Food Institute estimates the average Canadian household spent an additional \$325 on food in 2015 and is expected see an additional increase of about \$345 this year because of the low dollar.

WINNER: TOURISM

Canada's tourist hot spots are

getting a boost from Americans heading north of the border as well as Canadians opting to take so-called staycations.

"We've got a lot of drive traffic coming across the border," said Sarah Morden, a spokeswoman for B.C. ski resort Whistler Blackcomb.

The Conference Board of Canada says overnight travel from the U.S. increased about seven per cent last year.

TORSTAR NEWS SERVICE

Exchanges / Funding / e3 Summer Programs / Internships

Apply by January 18, 2016



UNIVERSITY OF ALBERTA
INTERNATIONAL

goabroad.ualberta.ca



Barking BFF
Fido really is your best friend. A new study shows scientifically that dogs understand human voices and facial expressions.

ELLEN VANSTONE URBAN ETIQUETTE



Is it acceptable to break up with someone by text or email? Or do you have to do it in person?

Dear Ellen,
Is it acceptable to break up with a person by text or email? Or do you have to do it in person?

Jamie, Vancouver

Dear Jamie,
Traditionalists will maintain that the only acceptable M.O. is to meet in person, in private, deliver the blow, and then allow your newly minted ex to react for as long, and with as much tearful, abusive rage, as deemed necessary.

But, with an open mind to evolving mores and technology, I put this question to Facebook friends of all ages, and received a variety of answers.

At least two male respondents seemed to miss the point: Don ("pro basketball or football game, with the help of the cheerleaders, while dressed as the mascot") and Zach ("Always ask the father first. It's tradition"). Actually, I'm pretty sure both those guys are single at the moment, which may explain their confusion.

Others (I hope) were joking, including Tim ("Twitter. You manage to tell the person and the world at the same time!") and Bren ("Invite them to a private Facebook event titled 'Our Anniversary' and then click 'not going'").

Twenty-something Katie stated that "Lots of people from the younger generation (like, high-school kids) actually prefer being broken up to via text. For me and my friends, that's an absolute no-go."

I can certainly see the benefits of an e-breakup, from both

sides. The dumper doesn't have to face the music, or get a drink thrown in their face. And the dumpee can collapse with shock and dismay without giving the dumper the satisfaction of seeing the collapse, followed by the pleasure of crafting a withering reply accusing the dumper of spineless, selfish discourtesy. Win-win — if you're both pathologically repressed social incompetents who live 5,000 miles apart without access to voice calls or Skype, and you're under the age of 12.

For the rest of you, note that the most representative reply in my FB focus group was this one, from Nora: "No text, definitely no email or snail mail (that's for business only); phone or Skype if you can't see them in person. NO crowded restaurant! Ideally, the civilized breakup is in person in private."

But others had qualifications to this basic rule of etiq-

quette, like Maria: "Private, but not TOO private. I think proper etiquette would allow for the ability to stomp off. I know a woman who was dumped (not literally) in a canoe in the middle of a lake."

I happen to know that Maria, years ago, was given the pink slip by a snotty New York Times reporter boyfriend in public on the Upper East Side. But to this day, we both savour the memory of her slapping him across the face in front of a delighted sidewalk audience before she leapt into a passing cab.

Most respondents eschewed the crowded-restaurant scenario, which, aside from adding insult to injury by being such a cliché, denies more timid dumpees their right to a private, tearful, abusive rage.

But Jessica commented: "I'm going to put in a small plug for restaurant, only because I've seen so many couples break up that way

(and have been there myself). In fact Jane F. and I once worked up a whole bit about the qualities of a Good Breakup Restaurant." And Karen even cited a favourite location: "My breakup place was College Street Bar. Got dumped there and later paid it forward."

If you're not sure which breakup method is best for you and your intended ex, choose Nora's protocol: In person, in private. And remember that, as always with good manners, it's about putting the other person's feelings before your own. In this case, the other person's feelings may be vengeful hatred of you, but so be it. Take it on the chin, and know that you did the right thing, which may even help the person when calm enough to appreciate it.

Need advice?
Email Ellen:
scene@metronews.ca



Ani Castillo

metroview

The toughest part of Syrian resettlement is still ahead of us

Tim Harper



Much of the political and national conversation on the Trudeau government's ambitious Syrian refugee program has revolved around targets and timelines. But that has obscured a larger truth.

As the country's 10,000th Syrian refugee arrives in Canada this week, the toughest part of this project for the Liberal government lies ahead.

For the first time, government-sponsored refugees have topped the numbers of privately sponsored refugees, and another 15,000 displaced Syrians — a mix of both programs — will arrive by the end of February.

Military bases are standing by to potentially house government-sponsored refugees in the dead of a Canadian winter, and this is a much more vulnerable, at-risk group than those who have the privately sponsored support system awaiting their arrival.

This country, because of geography, some prudent planning despite the rush, and the ability to pick and choose its new arrivals, can legitimately look on our effort with pride. We are now standing virtually alone in not having to face down some type of refugee backlash.

But as their numbers swell, it will not take much to spark one. There can be no perception that housing, schooling or job queues are jumped and the resettlement effort has

to continue relatively seamlessly so that anxieties are not heightened on either side. There are those who want this government project to fail and they are lurking, on social media and email inboxes, waiting with matches to ignite that spark.

Canadians have contributed to winter clothing drives and have welcomed refugees into their homes. It has taken on the trappings of a national project.

But European countries, without the ability to pick and choose, have been dealing with a tide of migrants with no end in sight. According to the International Organization for Migration, 1,700 migrants have arrived by sea in Europe each day so far in 2016.

In Germany, Angela Merkel's government is changing laws to make it easier to deport foreign nationals, including asylum-seekers, in the wake of a massive number of assaults and sexual assaults of women in Cologne on New Year's Eve. All the suspects identified so far are immigrants, but they are not necessarily part of a wave of 1.1 million migrants who flooded into Germany last year.

That doesn't seem to matter. The damage is done. There is no direct line to be drawn between those incidents and attitudes in Canada, but opponents of the influx will be only too happy to draw one, if given half a chance.

Tim Harper (@nutgraf1) is a national affairs columnist for the Toronto Star.

metro
Your essential daily news

STAR MEDIA GROUP PRESIDENT
John Cruickshank

VICE PRESIDENT & EDITOR
Cathrin Bradbury

VICE PRESIDENT & GROUP PUBLISHER
METRO WESTERN CANADA
Steve Shroat

MANAGING EDITOR EDMONTON
Tim Querengesser

ADVERTISER INQUIRIES
adinfoedmonton@metronews.ca
General phone 780-702-0592

FREE TO SHARE

PHILOSOPHER CAT
by Jason Logan

TIME IS THE DEVOURER OF EVERYTHING.

OVID

Philosopher cat now at
www.mymetrostore.ca

As always with good manners, it's about putting the other person's feelings above your own.



"I'm just a gay guy from Indiana who doesn't play basketball, but now I'm the entertainment president of CBS," Glenn Geller said of his network losing significant ground in depicting ethnic diversity.

Baking the good into goodies

EATING WELL

Sweet! Healthy tricks and substitutions from a dietitian

After holiday indulgences, baking might not be uppermost on the minds of most home cooks. Yet it's not necessary to give it up if you use a few tricks to inject some stealth health into muffins, scones, cakes and other goodies.

Using lentils, barley and canola, along with taking steps to reduce fat and sugar, can go far in making sweets and snacks healthful without sacrificing taste, says registered dietitian Zannat Reza.

Lentils are high in fibre and protein, inexpensive, and easy to add to baking when pureed, says Reza. "On the weekend I'll puree up a whole bunch of lentils, scoop them out in half-cup measurements and freeze them," says Reza, who is based in Toronto.

"If you have the urge to bake you can take out one of these little pucks, thaw it in the microwave and add it to your baking."

Greek yogurt adds more protein and calcium to recipes and can be used in place of sour cream and mayonnaise.

Here are some other ways to put a healthier spin on baking:

Flour power

Swap in whole wheat flour for half the all-purpose flour in a



Spiced Apple and Lentil Skillet Cake. HANDOUT/THE CANADIAN PRESS

VERSATILE AVOCADO
Swapping in an equal amount of mashed avocado for butter works well in chocolate baked goods.

baking recipe. Then add 2 tablespoons of wheat germ, needed because federal rules allow manufacturers to remove up to five per cent of the wheat kernel to reduce rancidity and prolong shelf life.

"You do need to add a little bit extra liquid," says Reza. "For every two tablespoons of wheat germ I find that you need to add at least a quarter cup of liquid. It could be milk, water. Say if a recipe calls for sugar and you're using maple syrup, you're adding a liquid to the baking so that will add towards the liquid."

Look for products that have "whole grain" on the label or in the ingredients list, she says.

Barley flour can be swapped for all-purpose flour. Barley contains vitamins, minerals and amino acids and is low in sodium, fat and sugar. Health Canada has approved a claim linking the consumption of barley beta-glucan, a type of soluble fibre, to reduced blood cholesterol.

Barley flakes resemble rolled oats but pack more fibre and are great in granola or as part of a topping for fruit crisp.

RECIPE

Spiced Apple and Lentil Skillet Cake

Makes 6 servings.

Ingredients

- 1/3 cup plus 2 tbsp unsalted butter, divided
- 3/4 cup granulated sugar
- 2 large eggs
- 1 tsp vanilla
- 1/2 cup all-purpose flour
- 1/2 cup whole-wheat flour
- 1 tsp baking soda
- 2 tsp cinnamon
- 1 tsp ground ginger
- 1 tsp nutmeg
- 1/2 tsp sea salt
- 2 cups finely chopped apples
- 1/2 cup lentil purée

Directions

1. Preheat oven to 350 F. Grease a 9-inch cast-iron skillet or square baking dish with 2 Tbsp butter.

2. In the bowl of a stand mixer, cream remaining butter and sugar on high speed until light, about 2 minutes, scraping down sides a few times. Add eggs and vanilla. Beat on high for 2 minutes until fluffy, scraping down sides a few times.

3. In a separate bowl, combine flours, baking soda, cinnamon, ginger, nutmeg and salt. Mix well. Using a rubber spatula, fold flour mixture into butter mixture, then stir in apples and lentil purée until smooth.

4. Scrape into prepared pan, smoothing top. Bake for 25 to 30 minutes or until an inserted toothpick comes out with just a few crumbs clinging.

5. Serve warm, with whipped cream or vanilla ice cream.

SOURCE: LENTILS.CA

Canola oil

Cut the amount of butter with canola oil. In a recipe calling for 1/2 cup of butter, you can swap in 1/3 cup of canola oil.

"When it comes to a lot of muffin recipes I tend to use canola just because it has that neutral taste and also has that source of plant omega-3s which are heart healthy," says Reza.

But for pastry or scones, butter is still better for its consistency.

Hemp seeds

Hemp seeds or hearts boost pro-

tein and add heart-healthy fats along with a nutty flavour.

"Sometimes I'll add it to smoothies or on my cereal, but lately I've added it to some granola that I've made. I just add it in the last 10 minutes (of baking)," says Reza.

Purée or mashed fruit

Swap out about half the fat in a recipe with puréed fruit.

For every 1 cup of unsweetened applesauce, reduce the liquid called for in the recipe by 1/4 cup. THE CANADIAN PRESS



Creativity is subjective. **The truth isn't.**

Truth in Advertising Matters.



Advertising Standards Canada
adstandards.com/psa

How to prepare for the culinary Olympics

Whether swiping a kitchen tool, turning up a burner or blasting rock music, Team Canada coaches are prepping junior chefs to stay calm when the heat is on

MEGAN PROPER

"Competition is a sick thing. At the time you hate it, but the second it's over, you want to do it again. It's stressful and time consuming but you still want to do it."

At the culinary Olympics, teams from around the world make elaborate meals as a five-hour timer ticks down.

The best way to prepare, according to Canada's junior team, is to prepare the menu over and over, hundreds of times. In the months leading up to this year's event in Germany on Oct. 21-25, the Niagara College Canada-based team will spend thousands of hours making the same dishes. Like athletes, these chefs need to be in the zone.

The coaches are not above a bit of trickery — turning up the heat on a burner, hiding the spatulas, blasting rock music — to help prepare the team for a tournament in which even simple mistakes can be devastating.

Last week, the team played host to their American opponents in a lead-up to the big event. The team needs to be unflappable in the face of Swiss judges in chef's whites looming over their stovetops.

In 2013, Niagara College won the chance to represent Canada. (The senior team is made up of professional

chefs 25 and older from across the country.) Since then, these teammates have been putting in 50 hours every three weeks, on top of school and work, and will continue to do so until they reach Europe.

The team was chosen based on talent, experience and work ethic, but the key on competition day is managing time and stress, said Craig Youdale, dean of the Canadian Food and Wine Institute and manager of Junior Culinary Team Canada. Part of training also involves friendly matches, such as the one held at Niagara College over the weekend. The nine-member Canadian under-25 team tempered chocolate, shelled mussels and scraped marrow from veal bones metres away from the Americans who had flown in for the weekend.

On Friday, the two teams squared off in a competition before three judges who will also be in Germany.

The menu was similar to the one the Canadian team will present at the Olympics: venison tourtière, quail roulade, roast duck with pressed confit, terrines of mushroom and seafood. Canada won. But the rivalry is an amicable one, at least for now.

At this year's Olympics, which is known officially as the Internationale Kochkunst Ausstellung Culinary Olympics, there will be 20 countries competing at the student/junior level (at the professional level there are 32 countries).

Each team will create a buffet and three-course menu for 60 guests. Only five team members will be allowed in the glassed-in kitchen. That means the coaches and support team are forced to press their noses to the fishbowl, sweating over every detail but unable to help. One former coach even said the experience was more stressful than waiting for his wife to give birth.

All this painstaking preparation and presentation is great, but Judson Simpson, team mentor and international culinary judge, said the risk is losing sight of what the judges most care about.

"They get so wrapped up in how pretty something looks, because the eyes feast first," said Simpson, whose day job is House of Commons chef. "Taste is very subjective, but people overlook the significance of it. Fifty per cent of the mark is the taste."

TORSTAR NEWS SERVICE



Clockwise from top left: Apple praline with apricot sorbet, ice wine mousse, leche de creme and raspberry garnish; smoked scallop with a white chocolate cauliflower mousse, beet puree, pickled fennel, orange and a vodka foam; pierogi with bacon, onion and mushrooms; garlic waiting to be mixed with hummus. TORSTAR NEWS SERVICE

Pet EXPO

SKIP THE LINE - BUY YOUR TICKETS ONLINE

JANUARY 30 & 31

Saturday 10am-6pm | Sunday 10am-5pm

\$13 General Admission (12+) | \$11 Children (5-11) | \$37 Family Pass

***For everyone's safety, please leave your pets at home**

*All promotions are subject to change without notice

Edmonton EXPO Centre, Hall A | PetExpo.ca



presented by:

Edmonton

You could **WIN** a pair of tickets to the

Edmonton Pet Expo
January 30 & 31

visit
club metro
to enter

Visit
clubmetro.com
to enter

No purchase necessary. Terms & conditions apply. For full contest details and conditions, visit clubmetro.com



The fish that we just cannot resist

SNACK FOODS

A new spin on addictive Goldfish crackers

Despite the zeal toward eating local and whole foods, kids and adults are inhaling these addictively cheesy and salty fish crackers by the handful. Sales of Goldfish crackers alone totalled more than \$435 million in 2013, and 142 billion of the crackers are produced each year by Pepperidge Farms.

At Toronto's Junked Food Co., owners Brian McKilligan and Vince Farago created a menu incorporating snack food like putting taco fixings into a bag of Doritos, drizzling flatbreads with Jolly Rancher barbecue sauce, and breading chicken nuggets with crushed Goldfish crackers.

"If a bag of them are in front of me I'm going to eat them," says McKilligan.

"They're not the typical processed cheese snack. There's a spice to it and more flavour than a basic cheese cracker."

"There's also the taste, smells, and visuals that you remember when you first ate them as a kid," adds Farago. "You remember that when you eat them as an adult and it hits all those pleasure sensors."

Not that it's a new concept: chefs have been tinkering with junk food for years and people lined up for deep-fried Oreos and Mars bars at county fairs. Now you're getting Pinterest and Instagram posts about hacking junk food by using them in recipes of varying success — it took several tries to make a recipe where Goldfish truly swim upstream — apple brown Betty with a fish cracker crust.

Apple Brown Betty with Goldfish Cracker Crust

Many recipes that incorporate snack food do it more as a novelty than improving the flavour or texture of the original dish. This take on a traditional Apple Brown Betty, however, gives a delightful cheesy crunch to the buttery flour crumble topping.

Ingredients

2 small baking apples, cored, and sliced into eighths, peeled if de-

sired (try Honeycrisp or Pink Lady)
7.5 mL (1 1/2 tsp) ground cinnamon
5mL (1 tsp) lemon juice
5mL (1 tsp) brown sugar
5mL (1 tsp) hot water
For the crumble
30mL (2 Tbsp) all-purpose flour
15mL (1 Tbsp) brown sugar
30mL (2 Tbsp) unsalted butter, room temperature
125mL (1/2 cup) cheddar-flavoured Goldfish crackers, crushed
5mL (1 tsp) unsalted butter, room temperature
Preheat oven or toaster oven to 350F.

Directions

1. In a bowl, toss the apple slices with the cinnamon and stack them in an oven-safe dish.

2. In another bowl, mix the lemon juice, 1 tsp of brown sugar, and hot water until the sugar dissolves. Pour the mixture over the apples. Set aside.

3. In another bowl, combine the flour, 1 Tbsp brown sugar, and 2 Tbsp of unsalted butter until it reaches a crumbly texture. Sprinkle it evenly on top of the apples.

4. Bake for 40 minutes.



Adding Goldfish crackers to Apple Brown Betty gives a delightful crunch to the buttery flour crumble topping. TORSTAR NEWS SERVICE

5. Melt the remaining 1 tsp of butter and pour it over the crushed crackers, coating them evenly. Remove the dish from the oven and sprinkle the buttered crackers over the top.

6. Melt the remaining 1 tsp of butter and pour it over the crushed crackers, coating them evenly. Remove the dish from the oven and sprinkle the buttered crackers over the top.

7. Place back in oven and bake for another 20 minutes.

8. Remove from oven. Let rest for 5 minutes before serving. Serves 2.

TORSTAR NEWS SERVICE

A TASTE OF
ANIMETHON
WARM UP TO OUR WINTER FESTIVAL!
JAN 22-23, 2016
SHAW CONFERENCE CENTRE
EDMONTON, AB

ACCOMPANIED CHILDREN
12 & UNDER FREE

COSTUME CONTEST, DANCE,
VIDEO GAMING, VENDOR
HALL & MUCH MORE!

ATO.ANIMETHON.ORG

PRESENTED BY
ASAPA

ANIMETHON ANIMETHON_ASAPA ANIMETHON

Career Services to help
with your next step.

Whether you are a first-time job seeker or an experienced individual making a career change, our Career Services team is here to help you prepare for the job search process.

ROBERTSON COLLEGE Get started now!
780.809.0843 | robertsoncollege.com



DODGE
CARAVAN KIDS
PROUD SPONSOR OF ANAHEIM HOCKEY ACROSS CANADA



NO PAYMENTS FOR 90 DAYS*

IT ALL ENDS FEBRUARY 1ST!

0% FINANCING* ^{UP TO} **\$7,100**
ON MOST MODELS IN TOTAL DISCOUNTS*



Starting from price for
2016 Dodge Grand Caravan
SXT Plus shown: \$30,940.¹

2016 DODGE GRAND CARAVAN CANADA VALUE PACKAGE

\$22,398

PURCHASE PRICE INCLUDES \$7,100 CONSUMER CASH* AND FREIGHT.

FINANCE
FOR

\$126 @ 3.99%

BI-WEEKLY*

FOR 96 MONTHS
WITH \$0 DOWN

2016 JEEP CHEROKEE SPORT

\$27,198

PURCHASE PRICE INCLUDES FREIGHT.

FINANCE
FOR

\$150 @ 3.49%

BI-WEEKLY*

FOR 96 MONTHS
WITH \$0 DOWN



Starting from price for
2016 Jeep Cherokee Limited shown: \$34,540.¹



Starting from price for
2016 Chrysler 200 C shown: \$30,140.¹

2016 CHRYSLER 200 LX

\$23,398

PURCHASE PRICE INCLUDES \$2,500 CONSUMER CASH* AND FREIGHT.

FINANCE
FOR

\$131 @ 3.99%

BI-WEEKLY*

FOR 96 MONTHS
WITH \$0 DOWN

2016 DODGE JOURNEY CANADA VALUE PACKAGE

\$20,498

PURCHASE PRICE INCLUDES \$2,000 CONSUMER CASH* AND FREIGHT.

FINANCE
FOR

\$115 @ 3.99%

BI-WEEKLY*

FOR 96 MONTHS
WITH \$0 DOWN



Starting from price for
2016 Dodge Journey Crossroad shown: \$32,140.¹

REBUILDING YOUR CREDIT?

SUB-PRIME RATES FROM ONLY 4.99% OAC*



chryslercanada.ca/offers

Wise customers read the fine print: *, ★, †, ≥, \$, = The Cold Days Hot Deals Sales Event offers are limited time offers which apply to retail deliveries of selected new and unused models purchased from participating dealers on or after January 11, 2016. Offers subject to change and may be extended without notice. All pricing includes freight (\$1,745) and excludes licence, insurance, registration, any dealer administration fees and taxes. Dealer order/trade may be necessary. Dealer may sell for less. *Consumer Cash Discounts are offered on select 2016 vehicles and are deducted from the negotiated price before taxes. ★The Make No Financing Payments for 90 Days offer is available from January 5 - February 1, 2016 and applies to retail customers who finance a new 2015/2016 Chrysler, Jeep, Dodge, Ram or FIAT vehicle (excludes 2015/2016 Dodge Viper and Alfa Romeo) at a special fixed rate on approved credit up to 96 months through Royal Bank of Canada and TD Auto Finance or up to 90 months through Scotiabank. Monthly/bi-weekly payments will be deferred for 60 days and contracts will be extended accordingly. Interest charges will not accrue during the first 60 days of the contract. After 60 days, interest starts to accrue and the purchaser will repay principal and interest over the term of the contract but not until 90 days after the contract date. Customers will be responsible for any required down payment, license, registration and insurance costs at time of contract. Some conditions apply. See your dealer for complete details. †0% purchase financing available on select new 2016 models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Dealer order/trade may be necessary. Example: 2016 Jeep Cherokee Sport with a Purchase Price of \$27,198 with a \$0 down payment, financed at 0% for 60 months equals 130 bi-weekly payments of \$209 with a cost of borrowing of \$0 and a total obligation of \$27,198. ‡4.99% purchase financing for up to 96 months available on new 2016 Dodge Grand Caravan Canada Value Package/2016 Chrysler 200 LX (28A/2016 Dodge Journey Canada Value Package/2016 Chrysler 200 LX (28A/2016 Dodge Journey Canada Value Package with a Purchase Price of \$22,398/\$23,398/\$20,498 (including applicable Consumer Cash Discounts) financed at 3.99% over 96 months with \$0 down payment equals 208 bi-weekly payments of \$126/\$131/\$115 with a cost of borrowing of \$3,782/\$3,950/\$3,461 and a total obligation of \$26,180/\$27,349/\$23,959. †4.99% purchase financing for up to 96 months available on select new 2016 models to qualified customers on approved credit through RBC, Scotiabank and TD Auto Finance. Dealer order/trade may be necessary. Example: 2016 Jeep Cherokee Sport with a Purchase Price of \$27,198 with a \$0 down payment, financed at 3.49% for 96 months equals 208 bi-weekly payments of \$150 with a cost of borrowing of \$3,991 and a total obligation of \$31,189. †Starting from prices for vehicles shown include Consumer Cash Discounts and do not include upgrades (e.g. paint). Upgrades available for additional cost. *See prime financing available on approved credit. Finance example: 2016 Dodge Grand Caravan SXT with a purchase price of \$27,595, financed at 4.99% over 60 months, equals 130 bi-weekly payments of \$210 for a total obligation of \$24,000 for a total obligation of \$24,000 for a total obligation of \$24,000. †The SiriusXM logo is a registered trademark of SiriusXM Satellite Radio Inc. ‡Jeep is a registered trademark of FCA US LLC used under licence by FCA Canada Inc.



Spreading cuteness to crossovers



REVIEW

Stylish and fun, this Fiat is mostly buono

Mike Goetz

For Metro Canada



The small crossover segment is hot. People just love how they bring bigness and AWD into a tidy package. Every brand is bringing one to market, or already has, even luxury brands.

But owing to their small and chubby shapes, sometimes these crossovers are far from the pinnacle of sublime vehicle design. Teenage boys are not putting up posters in their bedrooms of the Chevrolet Trax.

Fiat lucked out in this regard, as their bulbous styling ethos is perfectly suited to this genre. The 500X looks stylish and fun, and distinctively Fiat, with great proportions, and meaty wheels that look like they mean business.

The rounded shape is perfect for maximizing people and cargo room. Headroom and legroom are just great for a vehicle of this size.

Lots of vibrant colour options too, to further the F500X's excellent visuals. But we're not going let good looks completely cloud our thinking, like it usually does.

It utilizes engines, transmissions, and a platform from the Jeep Renegade, and is built alongside Renegade at Fiat's plant in Turin, Italy. The base model, called Pop, is fitted with the 1.4-litre engine and six-speed manual transmission.

Only the 2.4-litre engine is

paired with an automatic transmission or AWD, so if you want either of those pieces, you have to move up to the Sport trim (where the 2.4-litre is optional), or the Trekking and Lounge trims (where the 2.4-litre engine is standard).

Our tester was a Trekking with AWD (\$32,690) model, with several options, including the big 8.4-inch touchscreen with all the fancy audio stuff and navigation, and the really, cool and big "two-pane" powered sunroof, for a pre-tax, pre-destination charge tally of \$35,875, which actually represents pretty good value, considering the level of equipment.

Getting comfy and adjusted behind the wheel is a synch, thanks in part to Chrysler's intuitive touchscreen, and lots of nice, round switchgear, which is part of the "rounded" interior and exterior vibe of the Fiat 500 line.

On one particular long-haul drive, I found myself squirming a bit in the driver's seat, which seems less supportive than it could be. But overall the cabin's a great place to hang out. The 180-hp 2.4-litre engine is plenty strong and peppy, but the real technological treat is the nine-speed automatic transmission.

The excellent powertrain is let down, however, by the handling. Nothing dangerous, just a bit too much body motion over rough stuff and in the corners, and not too involving. If you like to zone out when you drive, this will not be a problem, but if you need to get your driving fix everyday, maybe look elsewhere. Otherwise the 500X looks good, especially in the ... well, looks department.

THE CHECKLIST 2016 FIAT 500X

THE BASICS

Type. Five-door, five-passenger, FWD or AWD, subcompact crossover
Power. 160-hp turbo 1.4-litre I4, 180-hp 2.4-litre I4
Transmission. six-speed manual, nine-speed automatic
Price. Base \$21,995 (plus destination)

COOL FEATURES

- AWD features regular, sport, and super traction modes, and also automatically disconnects rear axle, when AWD not needed.
- Big dual panel sunroof, lots of exterior colours.
- Full suite of safety systems available, including forward collision and blind spot warning, and rear cross path detection.



MAIN AND INTERIOR PHOTOS: MIKE GOETZ/FOR METRO; OTHERS HANDOUT

POINTS

- Cute yet rugged styling stands out in crowded crossover market.
- No cheap AWD versions; AWD only available on higher trim lines, and with 2.4-litre engine and automatic transmission.
- Achieved Top Safety Pick + status, highest safety rating awarded by the IIHS.

MARKET POSITION

- Designed and built in Italy, and marketed as such — it's the stylish and fun alternative with flair and personality.
- First Fiat to offer AWD; shares platform with Jeep Renegade.
- Fiat's entry in hot subcompact crossover segment; a segment that has great appeal to young couples and families, and empty nesters.

THE COMPETITION



Mini Countryman
Base price: \$29,950



Nissan Juke
Base price: \$20,698



Buick Encore
Base price: \$29,645

FOR A LIMITED TIME

Jeep marks 75th anniversary with special-edition vehicles

Necessity may be the mother of invention but even Willys-Overland, the original Jeep's builders, had no idea that they were creating a truly timeless automotive icon when they accepted a U.S. military challenge to design and build an all-terrain vehicle in just 60 days.

"Jeep vehicles have defined the authentic SUV and set the benchmark for off-road capability and freedom since they were first produced in 1941," said Mike Manley, Head of Jeep Brand FCA Global. "In honor of the brand's 75th anniversary, we have cre-

ated eye-catching, special-edition models of each vehicle in our lineup that celebrate the unparalleled history of the legendary Jeep brand."

To ensure the special editions stand out among their peers, they will be offered in a choice of three Jeep-model exclusive shades of Green (a small selection of other colours are available), plus contrasting orange accents.

The 75th Anniversary Wrangler and Wrangler Unlimited editions will be offered in Sarge Green with bronze coloured wheels and headlamp surrounds.



Jeep's birthday fleet was unveiled at the Detroit Auto Show. COURTESY JEEP

The models also get unique rock rails, and a body-coloured front grille, while inside the heated seats are trimmed in leather

with mesh inserts.

Recon Green is the colour choice for the Cherokee and Grand Cherokee. But as well as

a special paint finish, the Grand Cherokee turns up the style even further with a unique front fascia, grille and headlamps. The

look is completed by glossy black body accents. This means the orange accents move to the interior, adorning the seats as a contrast stitching colour instead.

The Renegade gets new grille surrounds, fog lamp bezels and roof rack in a bronze finish to go with its jungle green exterior finish, and inside there's a Beats Audio system. Finally, the Compass and the Patriot also gets new bronze exterior and interior detailing while a power sunroof, remote start and a leather-wrapped steering wheel are also standard equipment. AFP

Manufacturing cars, messages

DRIVING FORCE

Heading up PR for automaker is no small task

Jil McIntosh
For Metro Canada



Getting a new auto model to market is an extremely complicated and costly process.

Not only can it take years to design and engineer it, as well as get the assembly lines ready to build it, but the automaker also has to get the news out. It's a full-time job that can take an entire team to manage, and it's far more work than most people think.

"Our job is to get mainstream coverage of our vehicles to create awareness for the public," says Chuck Reimer, senior specialist of public relations for Mazda Canada. "It takes a special personality to handle everything that gets thrown at you and do it with a smile on your face."

While the public relations department isn't involved



PR specialist Chuck Reimer is the bridge between Mazda and media. JIL MCINTOSH/FOR METRO

in the car's initial creation, the staff members know about new products far in advance of the vehicle's official launch, which must be kept secret from the public and the press.

Most new models are usu-

ally first unveiled at auto shows, and then shortly afterwards, events are set up where auto writers and broadcasters drive and evaluate the vehicle for the first time.

Advertising campaigns are done by agencies, but the PR

department writes the press releases that go out to news agencies and journalists.

"You have to know how to write, and communication has to be a strong suit for you," Reimer says. "If you have spelling mistakes in it,

+ PR BASICS

• While requirements vary by company, many public relations specialists have degrees in business administration, journalism, or communications.

• In 1923, advertiser-turned-automaker Ned Jordan promoted his cars by focusing on lifestyle rather than the vehicle, marking the start of modern auto advertising.

there is always someone who will send you an email."

In the past, it was enough to get the information out to newspapers and magazines, but today, automakers also have to work with social media.

In addition to maintaining websites for consumers and media, including uploading all of the specifications and pricing for each model, automakers have to keep their Facebook, Twitter, Instagram and other channels updated. In some auto companies,

working with bloggers and social media is a full-time job in itself.

In addition to putting information out to the press, automakers frequently have to answer to it. Public relations usually supply the automaker's spokespeople when required, such as when recalls or other issues make the news.

Auto manufacturers maintain fleets of vehicles that are lent to the press for evaluation, and it's Reimer's job to handle almost all of them across the country.

This involves determining what trim levels and options should be ordered, maintaining the schedules of who's driving them, and being sure they're ready to go each week. Getting information out may sound like an easy job, but it's actually very involved.

"There are always ten things on the go, so you have to be very organized," he says. "It's a professional occupation, and you have to be professional and credible yourself. And every day is different."

Our Certified Used Vehicles Include

- Full tank of fuel
- 2 sets of keys
- Operator's manual
- All body or interior blemishes repaired like new
- Windshield free of cracks
- Promise of no fluid leaks
- Minimum 60% tread wear on tires remaining
- Minimum 50% brake life remaining
- Major fluid service (completed on vehicles with 40,000 km)
- 120 point inspection - any required work completed
- 3 month/5,000 km full coverage warranty
- Option to purchase extended warranty
- Access to all major bank lenders or in-house program

Trades Welcome!

AMVIC licensed



Edmonton West, 11025-184 Street
587-410-5820

Edmonton South, 9503-34 Avenue
587-410-5836

Locations coast-to-coast-to-coast
www.drivingforce.ca

DRIVING FORCE

Vehicle Rentals | Sales | Leasing

Grand Openings mean Grand Savings!

Join us for these special deals January 15 to 17 at our 9857 50th Street location.

- FREE Small Hot McCafé® Premium Roast Brewed Coffee*
- FREE Mini Pastry with any McCafé Specialty Beverage purchase
- \$3.99^{plus tax} any Happy Meal*
- \$4.99^{plus tax} McChicken® Meal Deal**

Every tenth order in the Drive Thru will receive one (1) coupon for a FREE Extra Value Meal!† Plus, there will be a special Ronald McDonald® Magic Show at 11am on January 16.

Not valid with any other offer.

* Not valid with any other McCafé® beverage, Extra Value Meal or Value Picks® offer. Limit one per customer, per visit.

** Meal Deal includes McChicken sandwich with one (1) medium fries and one (1) medium fountain beverage. Not valid with any other offer.

† From 7am to 7pm while quantities last. See coupon for details.

Offers valid only at the McDonald's® restaurants located at 9857 50th Street in Edmonton, AB from January 15 to 17, 2016.

© 2016 McDonald's



'I think I'll live': Bill Belichick has a black eye, and neither his players nor reporters could get the Patriots coach to reveal how he got it



OILERS COYOTES EARN WIN IN DYING SECONDS OF OVERTIME Connor Murphy of the Coyotes pokes the puck away from the Oilers' Taylor Hall on Tuesday night in Glendale, Ariz. Oliver Ekman-Larsson scored at 4:51 in overtime and added three assists in the Coyotes' 4-3 victory. ROSS D. FRANKLIN/THE ASSOCIATED PRESS

Veterans powering Panthers' giant leap

NHL Jagr, Luongo have meshed well with young core

Roberto Luongo was 11 when Jaromir Jagr entered the NHL.

Asked what he recalled about the flashy forward back then, the Florida Panthers' 36-year-old goalie responded with a smile: "The mullet."

Luongo is among a handful of Panthers who remember, or were even alive, when Jagr played his first game back in 1990.

"He's a freak of nature," Luongo said of his 43-year-old teammate. "I've never seen anybody like that before. Incredible the things he's doing at his age, the



The Panthers roster is a mix of young and old, including Jonathan Huberdeau, left, 22, Jaromir Jagr, 43, Jussi Jokinen, 32, and Aaron Ekblad, 19. JOEL AUERBACH/THE ASSOCIATED PRESS

work ethic he has."

Perhaps equally incredible is how Luongo, Jagr and a few other veterans have meshed with the Panthers' talented and youthful core to turn heads and be one of the NHL's biggest surprises through the first half of the season.

Florida (26-12-5) won a franchise-record 12 straight games before Monday's 3-2 overtime loss in Vancouver, a stretch that rocketed the club up the standings to first place in the Atlantic Division and second in the Eastern Conference.

"Everybody's really bought into what we're trying to do as a team," Luongo said prior to the game against the Canucks. "Young guys have really come into their own, the older guys on the team have stepped up and played big roles for us."

Panthers head coach Gerard Gallant points to the leadership Luongo, Jagr, Willie Mitchell (38), Shawn Thornton (38) and Brian Campbell (36) have provided to a group that has 11 players under the age of 25, including Aaron Ekblad (19), Aleksander Barkov (20) and Jonathan Huberdeau (22).

"They're huge for our young guys," said Gallant. "They're showing them the way, they're playing hard and they can all still contribute to our team and play well. That's the most important thing."

Jagr has 15 goals and 17 assists this season, while Luongo saw a personal nine-game winning streak snapped in the loss to Vancouver after allowing two goals or fewer in six straight starts.

"Everybody's playing well so it's easier for me to do my job and contribute," said Luongo. "Guys go down, other guys step up. Whether that's a young call-up or guys that have been out of the lineup, chemistry in the locker-room is really great."

THE CANADIAN PRESS

NHL

Sharks thrash Jets in West-side story

Joe Pavelski scored his 22nd goal of the season and added an assist as the San Jose Sharks defeated the Winnipeg Jets 4-1 on Tuesday.

San Jose was playing its third game in four nights and finished the trip on a three-game winning streak.

Joe Thornton, Chris Tierney and Joel Ward, with an empty-netter, also scored for the Sharks (21-18-2). Tierney also picked up an assist.

Winnipeg (19-21-3) got its

TUESDAY in Winnipeg

4 SHARKS
1 JETS

lone goal from Nikolaj Ehlers. Alex Stalock made 21 saves for San Jose.

Connor Hellebuyck turned aside 23 shots for Winnipeg, which has lost three straight.

THE CANADIAN PRESS

MLB

Dodgers announce hiring of ex-Jays GM

Former Toronto Blue Jays general manager Alex Anthopoulos is back working in baseball again.

The 38-year-old Montreal native will serve as the Los Angeles Dodgers' vice-president of baseball operations. The National League West division champions announced the move Tuesday on their official Twitter feed.

The hiring reunites Anthopoulos with Ismael Cruz, who

served as his former special assistant and director of Latin American operations before joining the Dodgers last November. Anthopoulos will also be working with Dodgers general manager Farhan Zaidi, a native of Sudbury, Ont.

Anthopoulos will assist in all aspects of baseball operations, the Dodgers said in a release.

THE CANADIAN PRESS

IN BRIEF

Rams' move to Los Angeles given green light by NFL

NFL owners voted Tuesday night to allow the St. Louis Rams to move to a new stadium just outside Los Angeles, and the San Diego Chargers will have an option to share the facility.

The Oakland Raiders, who also wanted to move to the area, could move to Los Angeles if San Diego doesn't, commissioner Roger Goodell said.

THE ASSOCIATED PRESS

Steelers holding out hope

Pittsburgh Steelers coach Mike Tomlin said Tuesday that Ben Roethlisberger has "a chance" of playing against the Denver Broncos this weekend after injuring his right shoulder in last Saturday's win over Cincinnati.

THE ASSOCIATED PRESS

Stamps keep Jorden, cut Harrison and Brown loose

The Calgary Stampeders

re-signed receiver Kamar Jordan on Tuesday while releasing offensive lineman Edwin Harrison and kick-returner/running back Tim Brown.

Jorden has spent the last two seasons with Calgary, appearing in three games.

THE CANADIAN PRESS



If I win, I'll let you guys know.

Even though Alex Ovechkin makes \$10 million a year playing for the Washington Capitals, he can't pass up the chance to try to win the \$1.5-billion Powerball jackpot.



There's a lot of buzz. That's what it takes to bring people to the building down there.

Roberto Luongo on the spike in attendance at Panthers home games

MORTGAGE



CONTACT US TODAY FOR ALL YOUR MORTGAGE NEEDS

***100% FINANCING AVAILABLE**
*Some conditions apply.

Ph: 780-466-9898
Toll Free: 1-844-466-9898
www.mortgageapplyonline.ca

Independently Owned and Operated

Dominion Lending Centre, they're a beauty!
They'll get the banks competing for your mortgage business.

TAX CREDITS



Hip or Knee Replacement?

The Disability Tax Credit allows for a
\$2,500 Yearly Tax Credit
\$20,000 Lump Sum Refund (on avg)

Copd, arthritis, and many other disabling conditions that cause **Restrictions in Walking or Dressing** may qualify.

For Expert Help: 1-844-453-5372

Oh, what a rush

NFL

High-tempo offence key to Packers' plan

At their best against Washington, the Green Bay Packers snapped back to the line of scrimmage quickly after a successful play, ready for the next snap.

Uptempo play confounded the Redskins' defence in Green Bay's 35-18 win in the wild-card round, a confidence boost for the Packers ahead of a matchup against Arizona's tough defence on Saturday night in an NFC divisional playoff game.

"We like to move the ball fast," receiver James Jones said after the win over Washington. "When we get a good tempo going, we're hard to stop."

That has typically been the case with coach Mike McCarthy calling the plays and quarterback Aaron Rodgers taking snaps under centre.

But with deep threat Jordy Nelson out all season with a knee injury, and the running



Aaron Rodgers and the Packers had the Redskins' defence off balance last Sunday in Landover, Md. PATRICK SMITH/GETTY IMAGES

game chugging along in fits and starts, the once-potent Packers offence has struggled to produce points.

They've had spurts of success playing catch-up, such as rallying for two touchdowns in the final 7:54 of a 37-29 loss to Carolina.

Late rallies at home against Detroit, Chicago and Minnesota fell short of victory. The 27-23 win over the Lions on the road on Dec. 3 ended with perhaps the Packers' signature play this

season — the 61-yard touchdown catch by Richard Rodgers as time expired on a desperation pass from Aaron Rodgers.

Last week against Washington, the Packers were back to scoring points in bunches after a sluggish first quarter.

They moved the ball effectively in no-huddle and shotgun formations. Rodgers caught the Redskins secondary at least a couple of times on free plays, including a 12-yard score to Ran-

66

This is the way I learned it, the traditional West Coast offence built around making the quarterback successful.

Mike McCarthy

dall Cobb in the second quarter. "It's part of being a no-huddle offence, it's important to us," McCarthy said on Tuesday. "That's the way we prefer to play, and we're all about getting as many attempts at the plate as possible."

It all starts with the offensive line, whose top priority is to protect Rodgers. When the offence is in sync, Rodgers doesn't need much time to find his receivers.

And when he's feeling good, the Packers are hard to stop.

"Your best players, particularly your best player has to practice hard every day. He has outstanding energy," McCarthy said. THE ASSOCIATED PRESS

GUARANTEED LOWEST PRICES AND CASH BACK!

2014 TOYOTA COROLLA LE

STK#14B9059
SUNROOF



\$16,090
OR \$54/WK

3.99%

2014 FIAT 500L

STK#14A5168
LEATHER/SUNROOF



\$16,593
OR \$56/WK

3.99%

2014 CHRYSLER TOWN & COUNTRY

STK#14B9942
STOW & GO, BACK UP CAMERA



\$19,332
OR \$65/WK

3.99%

2012 FORD FUSION SEL

ST#12T9081
LEATHER/SUNROOF



\$9,118
OR \$36/WK

3.99%

2013 FORD F-150 S/C 4X4 XLT

STK#13B4984
ECO BOOST



\$23,370
OR \$78/WK

3.99%

2014 FORD FOCUS SE

STK#14B0302



\$13,751
OR \$47/WK

3.99%

2015 DODGE GRAND CARAVAN

STK#15B3554
ONLY 1,000 KMS



\$25,079
OR \$75/WK

3.99%

2014 TOYOTA RAV4 LE AWD

STK#14B2921A



\$23,336
OR \$78/WK

3.99%



780.483.7516

10212-178 ST. EDMONTON
MON-FRI 9-9, SAT 9-6, SUN 11-5
WWW.CWAS.CA



SALE PRICES IN EFFECT UNTIL CLOSING TIME TODAY 9PM. IE: 2014 TOYOTA COROLLA ST#14B9059/PAYMENTS BASED ON 3.99% APR, 0 DOWN FOR 84 MONTHS. \$16090 OR \$54WK. COST OF BORROWING IS \$2565.80 AND TOTAL OBLIGATION OVER THE TERM IS \$19927.32. MUST QUALIFY FOR SPECIAL RATE. O.A.C. PRICES SHOWN DO NOT INCLUDE GST. VEHICLES MAY NOT BE EXACTLY AS ILLUSTRATED. SEE DEALER FOR COMPLETE DETAILS.

RECIPE Light and Simple Faux Pho



PHOTO: MAYA VISHNIEV

Ceri Marsh & Laura Keogh
For Metro Canada

- 2 tsp sugar
- Handful of cilantro
- Handful of bean sprouts
- 1 cup julienned carrots
- 1 cup julienned red pepper

Far from authentic, this light and bright soup is an easy version of the intoxicating, traditional Vietnamese soup.

Ready in
Prep time: 30 minutes
Serves 4

Ingredients

- 1 Tbsp vegetable oil
- 2 garlic cloves, minced
- 1 tsp fresh ginger, minced
- 6 oz rice vermicelli (half of most packages)
- 3 1/2 cups chicken stock
- 1 cup water
- 14 oz can of coconut milk
- 3/4 lb of chicken breast, thinly sliced
- 6 Tbsp fresh lime juice
- 3 Tbsp fish sauce

Directions

1. In a large pot, warm up your vegetable oil and sauté the garlic and ginger until they're translucent and fragrant. Add the stock, coconut milk and water and bring to a simmer. Add the chicken and cook for 20 minutes.
2. While that's happening, soak your noodles in luke-warm water in a large bowl. Once the chicken has been cooking for 20 minutes, add the noodles and stir. Add the lime, fish sauce and sugar. Taste to check seasoning.
3. Serve in large bowls and top with fresh carrots, sprouts, peppers and cilantro.

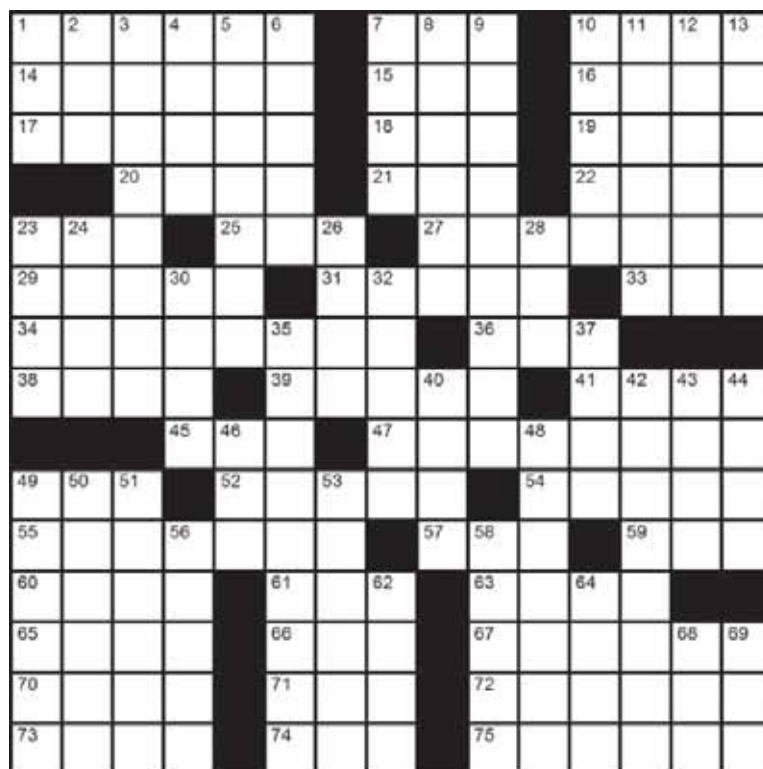
FOR MORE MEAL IDEAS, VISIT
SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Make a raised design, as on stationery
7. Ball shape
10. Montreal 'souls'
14. Informant
15. 'Ballad' suffix
16. Immense
17. __ Islands, in The Caribbean
18. 'Impress' suffix
19. Particular preposition
20. Business contact nos.
21. Ben-Hur author Mr. Wallace
22. Cracked a bit
23. Mount __ (Volcano in Japan)
25. Energy
27. Get back together
29. __ of judgment
31. Deflect
33. Mr. Danson of "Cheers"
34. Arctic sky-to-snow aircraft
36. '___' in Iberville
38. "I ___" (American anthem opener)
39. Combine, corporate-ly
41. Rhyming scheme
45. Be in need of Kleenex
47. One taking city transit: 2 wds.
49. 'Passion' suffix
52. Gold medal position
54. Taco kit brand, with Paso: 2 wds.
55. Kitchen set
57. Prefix to 'metrical'



59. Company's stock mkt. debut
60. Ms. Ryan's
61. Global currency org.
63. West's opposite direction
65. Goo Goo Dolls hit
66. Boat's one-of-two

67. Sprinkle with holy oil
70. Ms. Russo
71. Mini-looking guitar
72. One cracking a code
73. Shangri-la
74. Picture
75. Canadian-born reality star Shannon,

and surnamesakes

DOWN

1. Techie bail-out key
2. Bygone bird
3. Canadian daily deals website co-founded by #48-Down
4. "Him ___ - What's It Gonna Be?": Tune

- by #8-Down
5. Ready-to-start-slicing surgeon's request
6. Feel
7. Eye: French
8. Paul __ & The Raiders
9. Minhas __ and Distillery (Co-founded/co-owned by

- #11-Down)
10. Like a Canada Goose, for example
11. As per #9-Down... Ms. Minhas, Dragon on CBC's "Dragons' Den"
12. CBC's "The Fifth ___"
13. Stashed
23. To boot
24. __ Fifth Avenue (Posh store)
26. Window what?
28. Ms. Hagen of Broadway
30. Belonging to an undercover agent
32. Words of action
35. Aspirational
37. Go boating
40. Grit
42. Food's extra ingredient
43. Traffic jam sound!
44. __ and Janis (Comic strip)
46. Commonly, in poetry
48. As per #3-Down... Dragon on CBC's "Dragons' Den", Michele __
49. Look up to
50. Like a wedding cake
51. Car part
53. Create a newer version
56. German industrial city
58. Bread-making ingredient
62. Discharge
64. Fish variety
68. Mr. Beatty
69. Actor Mr. Knight, et al.

IT'S ALL IN THE STARS by Sally Brompton

Aries March 21 - April 20
Play by the rules and don't cut corners. There's a lot at stake and while it may seem as if no one is watching they almost certainly are. Act as if the eyes of the world are upon you.

Taurus April 21 - May 21
Throw caution to the wind and do whatever it takes to make your mark. Aim to be first in everything you do and before the day is over your name will be up in lights. Don't pretend you don't want that — because you do!

Gemini May 22 - June 21
Any promises you made in recent weeks will have to be made good today and tomorrow. If you can't deliver on them then you may have to pay compensation.

Cancer June 22 - July 23
You don't have the last say. What can you do about it? Not a lot but it's no big deal. The cosmic wheel will turn again and one day soon you'll be calling the shots.

Leo July 24 - Aug. 23
Keep your plans simple because it will be all too easy to get into a muddle and lose track of what you are supposed to be doing. Cosmic activity in the work area of your chart means you need to stay flexible.

Virgo Aug. 24 - Sept. 23
You'll find yourself in a position of power but don't let it get to your head. If you're too domineering you could spark a feud that lingers for weeks, months, maybe even years.

Libra Sept. 24 - Oct. 23
If you need to make changes on the home front then do it now. If you don't take control someone else will, so start guiding events, and people, in the direction you want them to go.

Scorpio Oct. 24 - Nov. 22
You will think and act fast today and it may be frustrating when you have to slow down because others are dragging their feet. Look for intelligent ways to get ahead of the pack.

Sagittarius Nov. 23 - Dec. 21
Success needs to be worked at continuously. What happens today will make sure you don't forget that point. What you achieved in the past no longer matters — you are only as good as your next big win.

Capricorn Dec. 22 - Jan. 20
You'll find a way to get what you want. You can sense that the cosmic omens are on your side you won't allow anyone to stand in your way.

Aquarius Jan. 21 - Feb. 19
You seem to have a lot of negative feelings and you need to do something about them. Find a way to be alone with your thoughts today so you can get your head back in shape.

Pisces Feb. 20 - March 20
Today you'll come into contact with someone who has amazing ideas and can inspire you to achieve great things. They may not look remarkable at first sight though, so keep your eyes and ears open. Genius comes in all shapes and sizes.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



©2013 Conceptis Puzzles, Dist. by King Features Syndicate, Inc.

THE HANDY POCKET VERSION!
Get the news as it happens

Download the Metro News App today at metronews.ca/mobile

Adventure! Teach English Overseas

- > TESOL Certified in 5 Days
- > In-Class or Online
- > No Degree Required!

1.888.270.2941
Job Guaranteed!
Next in-class course: January 27-31, 2016
Next Seminar: January 14th, 2016 @ 7pm
Roots on Whyte Community Building
www.globaltesol.com

Single Lady?

❖ Tired of the same old routine?
❖ Want to enjoy & experience life?

Young successful businessman seeks a charming girl for companionship. One who enjoys an active lifestyle, loves travel and wants to experience life. Life needs to be an adventure: want to chase dreams together?

Please leave a detailed message:
780 628 5844

Must Be: 21+, single, non-smoker, slim/athletic built, open-minded & adventurous
Interests: Dining/wine, movies/theatre, sports (golf, tennis, skiing), activities (hiking, biking, camping), reading, adventure travel, ...



**EVERY WEEK SOMEONE
DRIVES AWAY FOR FREE.**

You could be next...

**REASON
#6 TO
SHOP
GO AUTO
OUTLET:**

We're home
of the
Car-A-Week
Giveaway!



2007
PONTIAC G6 SE
STK# 74156700

OUTLET PRICE **\$4,550**



2007
PONTIAC WAVE 5
STK# 78710845

OUTLET PRICE **\$4,708**



2007
PONTIAC G5 SE
STK# 77252489

OUTLET PRICE **\$4,833**



2002
FORD FOCUS SE
STK# 2W168324

OUTLET PRICE **\$4,965**



2008
PONTIAC G6 SE
STK# 84254037

OUTLET PRICE **\$5,299**



2007
HONDA CIVIC LX
STK# W7H042323

OUTLET PRICE **\$5,325**

GOAUTOOUTLET.CA

TEXT: 780-246-2866 CALL: 1-855-424-6106 VISIT: 17860-102 AVENUE



Vehicles may not be exactly as shown. Prices include all fees and taxes, except GST. Some conditions apply. See dealer for details. Car-a-Week Giveaway: No purchase necessary. Open to legal residents of Canada (excluding Québec) who are of age of majority. Purchase or lease of select vehicles during the entry period (January 1, 2016 to December 31, 2016 during regular business hours) from participating dealers qualify for automatic entry. Some exclusions apply. Visit www.GoAuto.ca/car-a-week for full details.